

# planning a V O L L E Y B A L L practice

# volleyball coaches' clinic

## set team practice goals

- at the beginning explain to your players the general "attitude" you want them to bring to practice, i.e.: we want you to be on time and ready to practice, there is no walking, listen when the coach or another teammate is speaking, etc.
- each day you might want to also have a "special" goal for just that day, i.e.: "today we're going to focus on calling the ball", or "today we're going to focus on quick feet" - it can be that simple
- assign player responsibilities (equipment set-up, "homework" assignments, wash uniforms, etc.)

## write it out your practice and include:

- warm-up drills
- footwork drills (can be included in warm-up)
- ballhandling drills (generally forearm and overhand passing - can also be included in warm-up)
- drill progression (single skill or combo drills)
  - SINGLE SKILL EXAMPLES:
    - hitting lines from toss or "live" sets
    - blockers vs coaches on chairs
    - coach hit to player transitioning from base to defense
    - coach serve to player serve receive
  - COMBO DRILLS:
    - butterfly drill
    - "pass & go"
    - hitting lines vs defense
    - first to 5 serve receive (paco drill)
    - coaches vs full "d" & playout
- include variety:
  - single skill & combo drills
  - upbeat, fast-moving drills to balance slower, methodical type drills (ie: a defensive "pit drill" to balance a three-man serve receive)
  - drills with definitive goals (10 to target) as well as drills that are TIME determined (2 minutes of hitting)
  - individual drills, group drills & team drills
- end on "up" or "team note"

# OHSVCA CLINIC... planning a practice

## set drill goals

- types of goals: "x" number successful, 5 minutes in this drill, "x" number of attempts, etc.
- be aware of your team's skill level (sometimes setting a numerical goal can be "fatal" if they can't reach it - in these cases, it's better to use a timed goal or a "total tries" goal)... when possible, use all types of goals in your practice (it adds variety)
- include reinforcement: "penalties" "motivations" "gentle reminders" - even the smallest of requirements can be reinforced with a "gentle reminder" ... for example, if you are really working on calling the ball - remind your players thru one or two practices, then start adding in a team "penalty" whenever someone is caught NOT calling the ball (two push-ups, 5 jumping jacks, etc.)

## general

- your job is to COACH, not to PLAY - the more your KIDS touch the ball, the better they are going to become! pick & choose the drills that you NEED to conduct and the ones that they can do themselves.
- keep things moving - remember that kids' attention spans are short, so be leary of drills that drag on for more than 10 minutes before you add a change
- be leary of drills in which only one or two players are actively participating while 10 others are standing by, watching or standing in line - sometimes you have to use this type of drill, but keep it to a minimum and make sure that you surround it by drills that include a higher number of players
- be creative - you can take a drill and modify it to fit your needs or your skill level (example of beach volleyball warm-up and using it at Carlisle team camp)
- keep your instructions SHORT - try to start and end with a positive even when you are doling out constructive criticism
- include MORE drills in your practice plan than you think you'll actually get to - that way if you are moving through practice quicker than expected, you'll have something in place to fill the time. you can always add those drills into the next practice if you feel they are important.
- remember that any time a SERVE is used in a "combo" type drill, that you can substitute a TOSS for it - don't let the fact that you have weak serving interfere with a serve RECEIVE drill (either have coaches serve, have players TOSS the serve in, or have players stand at mid-court to serve) - same is true with setting for hitters, coaches can TOSS instead of having setters set
- watch your high school team practice - you can pick up drills there and adapt them to your level (give example of tennis drill that we now use at beginner camp)
- get up and COACH your kids, don't just stand by (or sit) and watch - they need your expertise, your feedback and your enthusiasm! (even if sometimes you have to make it up!!!)