



STC VOLLEYBALL PROGRESSIONS

SKILL DESCRIPTIONS AND HELPFUL HINTS

The following progressions are intended to teach the younger player the basics of the skill and to clean up technical errors of the older player. Always demonstrate the entire skill (the whole), teach the progression (younger camper will need more time; older camper-speed teaching), and then get to the whole skill again. It is imperative that the whole skill, taught at the correct speed is emphasized at the end of the training segment.

The progressions listed use a partner to toss the volleyball, so you must take the time to teach the skill of tossing.

The progressions are also in a linear, or back and forth, formation. It is important that you start to implement drills that require groups of three to get the angles that are an inherent part of the game.

The drills listed are to be used especially with beginners, again notice the lack of triangle drills. Use them when space is cramped, and with campers who are having difficulty with ball control.

Please note that these progressions are written only to jog your memory, and it is not complete in thought or sentences. Please talk to me about any concerns or ideas.

FOREARM PASS

KEY CONCEPTS:

READY POSITION:

Medium height
Arms are to the side of the body
Shoulders are over the knees
Player is completely balanced
Weight is on the front part of the feet
Player is doing the waggle, preparing the body to move

GETTING TO THE BALL:

Stability is the key, teach side by side footwork to an advanced player, right foot forward for beginners & free balls
Feet go first to intercept the ball
Last second adjustments done by bouncing, and shoulder movements

Non-linear passing is teaching players to pass the ball to the side of their bodies, similar to emergency techniques of the past. This should only be taught to players who have experience & success with traditional linear passing.

PASSING POSITION:

Grip-interlocked, or right in left, palms press
Platform straight, but relaxed, think elephant trunks
Shoulders forward with a straight back for everything but a topspin serve
Player should be low and come up to the ball - Posture Passing
Teach **the player to use her legs as oppose to just her platform, for more advanced players you will begin to see a slight swing, 3-4 inches/45 degrees**

PROGRESSION:

Watch the ball as long as possible use a natural follow through step
Do each of the following **2 sets of 10**, players work with partners



Body posture-make the player stand in ready position without moving, and partner tosses ball to their platform

KEY: watch ball, & the player should feel uncomfortable like they will tip over, because their shoulders are over their knees

Knee passing-player has the right knee forward, and her left knee on the floor, passing the ball to partner's forehead.

KEY: Shoulders forward, platform straight, slight swing.
Ready Position-player takes passing position & easily passes ball to partner.

KEY: Watch the ball, shoulders forward, **lift with the legs** and shovel the ball to target

Pre-hop - repeat the ready position above & make the player do a pre-hop in place prior to passing the ball

Forward Movement-player takes passing position, and does a step-hop forward and passes the ball

KEY: Beat the ball to the spot on the floor.

Side Movement-same as forward movement, remember to do both sides, & for beginners and emphasize the right foot forward

Shoulder adjustments-player attempts to pass to self, pass to partner or to a wall. The player must understand the necessary shoulder movement to complete this skill.

Passing back and forth-the player has progressed in her understanding to be able to easily pass the ball back and forth to a partner.

EMERGENCY SITUATIONS:

Players often have no idea of how much court they are able to cover. If they are caught out of position, they should not panic, but move and attempt to play the ball. These drills should be used only after the player has a good idea what a good pass should look like technically.

BALL COMING TOO FAST AND HIGH- Player must attempt to move backwards, stop, and play the ball. Adjust toss accordingly. Follow through is parallel to the target.

BALL COMING TOO FAST AND LOW- Player must attempt to move forward and intercept the ball before it hits the ground. Have the player run around a chair or bucket.

BALL COMING FAST AND TO THE SIDE OF PLAYER-
The player must attempt to use her shoulders to get the platform to face the target. In non-linear passing, you do not force players to play the ball to one side or the other, it is my experience that it is easier to pass the ball from the left side than the right for beginners. Again, chairs work real well in this drill.

COMMON ERRORS:

READY POSITION:

- 1) Too high
- 2) Too low
- 3) No waggle
- 4) Hand position creates a poor platform



- 5) Arms are bent

PASSING:

- 1) Lack of movement to the ball
- 2) Shoulders are back
- 3) Arms start too low, and swing too much
- 4) Left foot forward
- 5) Hips are too high, no knee bend
- 6) Poor tracking of the ball
- 7) Not watching the ball long enough
- 8) Incorrect trajectory caused by platform problems or over swinging
- 9) Lack of communication with team members

PASSING DRILLS: These drills are basically known worldwide, and for further explanation, see me.

- 1) Partner side to side pass-touching lines
- 2) Side shuttle (3 or 4)
- 3) Shuttle (3 or 4)
- 4) Long and short pass drill (partners)
- 5) Restricted shuttle (same as above within a certain area)
- 6) Triangle drill
- 7) Circle drill-(4 people, 1 person stationary and the others run a circle around that player)
- 8) Coach directed drills:
 - a) Target passing
 - b) Run and pass, and run through
- 9) Player's directed drills:
- 10) Target passing
- 11) Huge # drills:
 - a) Pass, run to a wall
 - b) Pass, do exercised, return and pass
 - c) Pass, go through an obstacle course
 - d) Four corner drill
- 12) Control drills:
 - a) Pass to self
 - b) Pass to self, pass to partner
 - c) Pass, and do 1/4 turns
 - d) Pass, and do 2 turns
 - e) Pass over net, run under, pass over
- 13) Line drills:
 - a) One line is stationary, one line moving
 - b) Two moving lines, opposite directions
 - c) Two moving lines, same directions
- 14) Serve reception drills:
- 15) 3 person chair drill
- 16) 2 person, 2 sides passing to a setter's
- 17) target
- 18) Team and rotate after 2 good pass drill



KEY WORDS:

**PRE-HOP
SHOULDERS OVER KNEES
STEP-HOP
RIGHT FOOT FORWARD
WATCH THE BALL**

**CENTER THE BALL
PLATFORM TIGHT
FOLLOW THROUGH
FREEZE
FINISH**

**LIFT WITH LEGS
PLATFORM TO
TARGET**

DIP SHOULDER

**QUICK FEET, QUIET
ARMS**

**FLOATER SERVE
KEY CONCEPTS:**

READY POSITION:

Player is at the end line, with the ball on the floor, thinking about her serve and the area (or target she will attempt to serve.)

SERVING ROUTINE:

Player picks up the ball
Player adjusts feet and eye contact to target
Player extends ball from chest
Player tosses, steps, and contacts the ball
Player runs to defensive responsibility

SERVING SERIES:

Player serves 1st serve tough and in
Player serves 2nd serve tougher and in
Player serves 3rd serve toughest and in
Player repeats series

PROGRESSION:

Toss-Player should practice tossing the ball so it is as high as her serving arm, and lands just in front of serving foot.
Practice 50.

Tee up- (the ball is held high and the toss is virtually eliminated) Teach only to strong athletes, due to stress on shoulder.

Arm Swing-Teach an easy circle arm swing, as if throwing softball.
(Teach a bow and arrow and you will get what I want in an easy circle)
The arm should be slightly bent at contact for a floater serve.

Wrist-Should be firm as if hitting a wall, and there is little or no follow through.

Practice the following:

- 1) Overhand throwing the ball over the net,
- 2) if the player can not throw the ball over the net, she will have difficulty serving the ball. (Players who can not throw the
- 3) ball over the net should work with a sock and the overhand throwing motion)
- 4) Tossing the ball
- 5) Serve over the net from the 10 foot lines to partners (10 times)
- 6) Serve over the net from the 15 foot line to partner (10 times)
- 7) Serve over the net from the 20 foot line to partner (10 times)
- 8) Serve from the end line



JUMP SERVING

- 1) teach the right, left take off for attack
- 2) teach the left, right, left take off
- 3) add a two handed toss
 - a) or most players prefer a one toss with their swing hand
 - b) allow practice -
 - c) remember this serve is a spinner serve and the ball should be contacted
 - d) above the player's head

COMMON ERRORS:

- 1) Toss is too low, high, or to the side
- 2) The ball is contacted too far in front of the body, or behind the body.
- 3) Wrist is limp, and does not provide good contact area.
- 4) Player contacts the ball in the lower half, or in upper half
- 5) Player steps, and then tosses the ball.
- 6) Player does not rotate her body, and thus, has little or no power to give to the ball

DRILLS:

- 1) Accuracy to Targets
- 2) Consistency-9 of 10, serve 3 in a row, etc
- 3) Serve and run to defensive position
- 4) Serve and run around the court
- 5) Team serve-10 seconds in a row, up to 2 minutes in a row
- 6) Serve to areas of 1 and 5
- 7) Serve to chairs, spots, campers, coaches, cones, etc (emphasize horizontal targets)
- 8) Serving contests
- 9) PAC woman, etc.

KEY WORDS:

TOSS
TOSS, STEP, SWING (for players with poor toss control)
STEP, TOSS, SWING (for more advance players)
WRIST FIRM
FEET TO TARGET
ROUTINE
SERIES
PALM TO TARGET

OVERHEAD PASSING

KEY CONCEPTS:



READY POSITION:

Player is in a high position, with hands above her shoulders, ready to catch the ball on her forehead.

PASSING POSITION:

Player contacts the ball with her hands in the shape of a ball. She then catches and extends (or throws) the ball so quickly that the official and fans do not actually see the ball come to rest for a very long length of time.

PROGRESSION:

- 1) Hands on the ball, ball shaped.
- 2) Position ball on the forehead.
- 3) Discuss the small cup formed by the hands, and the extension of the arms
- 4) Catch-practice underhand toss and catching the ball on the forehead. (50 times)
- 5) Extension to self. (50 times)
- 6) Partner pressure-partner applies pressure to assist player with pushing the ball out of the hands (Superwoman follow through)
- 7) Standing foot position-right foot forward heel to toe (advanced player parallel)
- 8) Catch and extend to ceiling, ball bounces and player catches and repeats. (25 times)
- 9) Partners toss and catch (20 times)
- 10) Partners toss, catch, & extend (20 times)
- 11) Introduction of footwork-run forward with hands high ready to set the ball
- 12) Introduction to brake step
- 13) Partners toss, player moves forward, sideways, pivots if necessary and catches and extends the ball.
- 14) Partner tosses and player sets the ball to a partner
- 15) Partners set back and forth

DRILLS:

SEE PASSING DRILLS

COMMON ERRORS:

- 1) Lack of movement to the ball
- 2) Catching the ball with too large of a cup-hands are not ball shaped
- 3) Elbows are too wide or too close together
- 4) Catching the ball too low or too high
- 5) Not extending with body or arms

OVERHEAD PASSING

KEY WORDS:

**FEET TO THE BALL
HIPS TO TARGET
CATCH**

**EXTEND
BRAKE STEP
BALL SHAPE**



ATTACKING

KEY CONCEPTS:

This skill is a combination of several aspects: the footwork to the ball, the jump into the air, and the swing at the ball.

Attacking should be taught in reverse order from the list above, (reverse chain), and every player should be taught to at least stand and swing at the ball.

The player should be taught to attack within their individual capabilities. (i.e. teach the player to attack as hard as their individual jump and swing will allow them to attack).

The player should learn to broad jump into the ball slightly, the ball is kept in front of the attacking shoulder, and the body whips into the ball without piking on the follow through.

PROGRESSIONS:

THE SWING:

Complete the following after teaching the player to overhand throw the ball, and following through on the same side of her throwing arm. (Use of a sock is helpful for this portion of the skill, experienced players may use the sock to warm up throwing properly).

Teach partner to toss an underhand throw similar to an outside set on the court.

Hand is open, and contacts the ball on the back or top of the ball, depending on the player's ability to get into the air. (Player holds the ball and hits the top of the ball to the floor, emphasizing wrist snap, a chair with a partner tossing at the net is also helpful in the next three steps. Remember that the toss is similar to a quick set, and the player should be at least arm's length away from the net.)

- ◆ Guide arm up, hitting arm up, wrist snaps the ball down from a toss from a partner. (10 times)
- ◆ Guide arm up, arm swing, and guide arm pulls down. (10 times)
- ◆ Player walks forward, brings guide arm up, and swings at the ball, hitting it to the floor. (10 times)
- ◆ Player attempts to jump and swing at the ball. (10 times)
- ◆ Player plays wall pepper, catching the ball each time after he/she contacts the ball.
- ◆ Player plays wall pepper, hitting the ball after each bounce.
- ◆ Player plays wall pepper, jumping and hitting the ball after each bounce.
- ◆ Additional Thought:
 - ◆ Teach the player to self-toss with two hands, so the guide arm automatically comes up with the swing arm.
- ◆ Additional Swing drills: (only if time permits)
 - ◆ Player stands on a chair and has guide arm up and swings at tossed ball or a ball that is set for a one set.
 - ◆ Player stands on a chair and does the entire back swing, guide arm, and attacks a toss.

FOOTWORK:

- ◆ Right-handed players must have their last two steps, right-left. The right foot points to the right side standard, and the left foot is parallel to the net.

Going across the gym, do each of the following sequences:

1) Arms natural to the side, player does a right, left plant jump, or step close.

KEY: right, left.

2) 3 steps, left (arms go straight out to the side and up), right, left.

3) 4 step, first is a natural walking step, and repeat #2.



- ◆ Sock drill: The player will now combine the swing and footwork, using the sequence above the player will do the last two steps (right, left) jump, and spike the sock in their swinging arm. Repeat 15 times.
- ◆ Sock drill with 2 socks: The player will do the same sequence above and now drops the guide arm sock to 6 or CB, and spikes the other sock. (Be careful, beginners will spike the sock on the way down after attempting to drop the sock, encourage quickness.)
- ◆ Sock drills are most appropriate if done with the following chair drills. Do the sock spike first, then have the players hit volleyballs that are stationary held above the net (partner holding the ball while standing on a chair).
- ◆ Chair drill: Partner holds the ball above the net and the player does #1. The partner chases the ball, and the player then holds the ball for the next person in line. (This is a very dangerous situation using chairs, attempt to use boxes if possible. Make sure players are aware of the dangers and that they grab the net if falling).
- ◆ Do each footwork sequence at least 15 times.

ATTACKING FROM A TOSSED OR SET BALL:

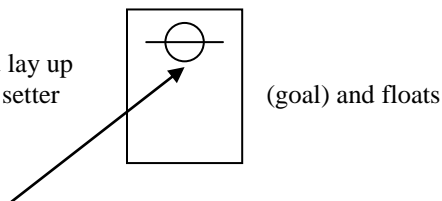
- ◆ Hit quick or #51 sets. Coach tosses the ball right into the player’s swing arm.
 - ◆ KEY: A good approach and swing, and the coach must place the ball in the player's hand. (Repeat 10 Times)
- ◆ Hit high outside sets: (coach tosses). Talk about timing, wait until the ball has reached its peak, and take an approach to the ball. (repeat at least 20 times)
- ◆ Setter attempts to set high outside sets to a stationary hitting line.
- ◆ Passer, setter, and hitting line.
- ◆ Server, passer, setter, and hitting line.
- ◆ Server, passer, setter, blocker, & hitting line.

ONE FOOT TAKE OFF’ OR SLIDES

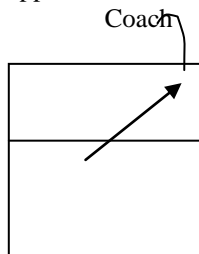
Teach the player to take 3 or 4 steps

- 1) left, right, left
- 2) right, left, right, left

Using volleyball and a basketball goal do steps and lay up
Emphasize that the camper takes off in front of the setter past to attack the ball.

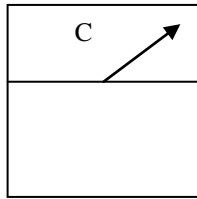


Coach opposite of the net and toss to 9 spot on the net and player does footwork and chases

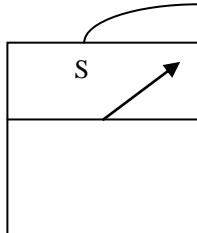


Coach same side of net and does tosses and player chases the ball





Use a setter - setting a lob back set or 92



ATTACKING DRILLS:

1. Traditional hitting lines.
2. Bad set drill, hit balls that are trapped, tight, off the net, etc.
3. Condition attacking: hitting after running to the end line.
4. Back row hitting-hitting at the 8-foot line, 10, 13, 15, 20 foot lines, etc.
5. Adjustment of 2nd step, player is hitting 3 sets, and must make an adjustment between a close set, or a set away from the net.
6. Jump and turn attack. (180 degrees turns)
7. Attack from all positions on the net. (Remember that the player always has her right foot to the right standard.)
8. Stand and attack 3rd ball over to #1.
9. Attack lines, angles, etc.
10. Attack off of the block, wipe off
11. Tip
12. Soft Shot
13. Power Tip (throws)
14. Overpasses
15. See TCU Attack Series for additional drills, shot development etc.

COMMON ERRORS:

FOOTWORK:

1. Steps to the ball are irregular and inconsistent. (i.e. the right, left step-close)
2. Player has problems coordinating the arms back on the 2nd step.
3. Rhythm problems, not getting the proper length and drive from the 1st, to 2nd (adjustment step).
4. Right, left plant is awkward, or backward i.e. goofy footed.

TRACKING:

1. Player does not know when to approach the set.
2. Player overruns the ball, and thus can not see the ball on contact.
3. Player does not use guide arm, thus not getting the hitting arm in correct position to swing at the ball.
4. Player takes off too far from the ball, and dives (or long or broad jumps) through the air, thus can not swing at the ball effectively.
5. Player does not watch the ball, thus contacts the ball on the forearm or the fingertips.

SWINGING:

1. Hand position is closed, or too cocked.



2. Arm is not extended.
3. Ball is contacted above or behind the player's head.
4. Ball is contacted too far in front of the player's body.
5. Little or no follow through.
6. Player swings in slow motion.
7. Player has a limited circle of the arm when preparing to swing at the ball.
8. Player attempts to attack too hard, and pikes in the air, thus putting the power back into her body as opposed to the ball.
9. Limited wrist follow through.
10. Player has limited rotation of the body in the air.
11. Player hits on the way down.

KEY WORDS:

GUIDE ARM UP

REACH

ROTATE HIPS

ARMS OUT ON 2ND STEP

KEEP BALL IN FRONT OF YOUR EYES

LOOK FOR TAPE-EVERY TIME

WRIST (Loose and follow through)

TRAP SET

RIGHT, LEFT, PLANT

FOLLOW THROUGH

LAND BALANCED

BLOCKING

KEY CONCEPTS :

The first line of defense should be a fun and intimidating skill for players to learn and excel in. Teach players the fun of blocking the ball by allowing blockers to block balls in drills, etc.

- ◆ Lower the net if possible to assist in teaching the player to block with her hands instead of her arms.
- ◆ If it is impossible to lower the net, use chairs or tables and allow the players to feel what it is like to block the ball down.
- ◆ Determine early if a player should attack block or soft block, and teach the player accordingly. The idea is to touch as many balls as possible.
- ◆ The ready position is high and the hands should be held at the shoulders with the elbows in and the hands in a butterfly or spread position. The player will have her hands and arms go over the net in one motion. (Mention sometime that the player may not put her hands above her head while her teammate is serving.)
- ◆ Teach middle blocker footwork to everyone, then teach outside blocker footwork to everyone.
- ◆ Teach the difference between commit blocking and read blocking, even if you think you are talking to yourself. These campers may never hear those terms from their high school coach because of lack of time. The following is from Dr. Iradge Ahrabi-Fard of Northern Iowa. This may be too much information for the young player, but you need to think of what your goals are when teaching blocking.



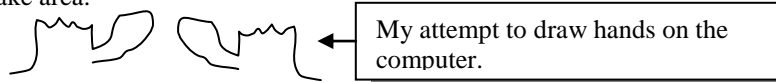
Blocking Intentions

- ◆ Reject an attack crossing the net
- ◆ Take away the power angle of the attacker
- ◆ Limit the horizontal angle of offense
- ◆ Stuff block for point
- ◆ Protect an area of the court
- ◆ Soften the attack to a manageable crossing
- ◆ Intimidate the offense

- ◆ Teach positive aggressiveness, do not condone errors, from touching the net, foot faults, lack of penetration and laziness.
- ◆ See TCU Blocking Guidelines for additional information.

PROGRESSION:
BODY POSTURE:

- ◆ Teach the players to hit balls at their partners, and do each a minimum of 20 times, as high as 40 reps.
- ◆ Players standing at the net with hands in a ready position. Raise hands to blocking position, thumbs together (butterfly) to take area.



- ◆ Lower net if possible and teach the blocker to use her hands to block the ball down. Player stands at the lowered net and with hands held above the net, she uses her hands and wrists to block the ball to the floor. (Do not allow the players to use their arms if possible.)
- ◆ While the net is being raised, use a wall, if available, to teach ready position. Jump and block. The player's hands should only touch the wall.
- ◆ Partners jump and touch arms across the net.
- ◆ Player stands on a chair about 8 feet back and hits the ball into the blockers hands.
- ◆ Player stands on the floor 3 feet from the net, and hits the ball at the blocker.
- ◆ Player stands on the floor 10 feet from the net and hits the ball at the blocker.
- ◆ (Do not get too worried if your players have problems hitting the ball at their partners, this will improve. Use groups of 3-4, and make the shaggers work hard.)

FOOTWORK:

Teach middle blocker footwork with the player committing to block the quick hitter. This will teach the coordination needed to land balanced, the middle blocker should move in as much a loaded (coiled) position as possible without giving up too much quickness and speed. (Being loaded or coiled will give up inches on the vertical jump, but it is determined to be much quicker.) Begin this immediately when teaching all players to block. The game is so fast at upper levels that if the player does not the time to move and then load or coil to jump. Prepare the players for a real game situation.



Spread players out on the court. Teach the following:

- ◆ Jump and land balanced, (with the weight on the opposite foot of the direction desired)
- ◆ Jump and land balanced-take a giant step
- ◆ Jump, land, giant step, and cross over in front (Lead Cross-over)
- ◆ Jump, land, giant step, cross over, (step-close) or hop-stop, jump, block.

More Footwork:

- ◆ On the net, have outside blocker standing two feet inside the antenna, and a line of middle blockers walking through the footwork, and blocking with the outside blocker. Teach the concept of middle blocker trusting the outside blocker's eyes, to avoid a collision. Teach the outside blocker to count to 3, and on 3 both players jump and block.

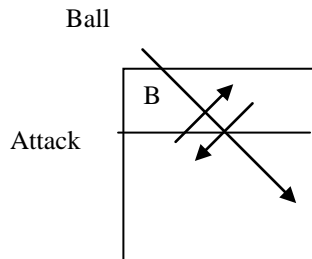
- ◆ On the net, same drill as above, and have middle blocker starting to move at game speed.
- ◆ Teach the outside blocker footwork with the blocker starting in-at least 8 feet from the sideline. The movement to the side is a slide step-close jump, refer to footwork section, (shuffle hop-stop,). Stress balance and increasing distance.
- ◆ Outside blocker now starts 12 feet from the sideline, and adds one shuffle step and hop-stop, jump.

SETTING THE BLOCK:

- ◆ Teach the outside blocker to give the line, take the line, and to block the hitter by placing the ball in the middle of her body. (More advanced blockers will set the block according to the direction of the arm swing, will put the antenna hand on the arm, etc.)
- ◆ The outside blocker becomes the eyes of the middle blocker just for an instance, so it is important to stress watching the incoming attacker and to keep the ball in her peripheral vision. The outside blocker must also talk and count when to jump, teach the outside blocker to get the block set as quickly as possible. Beginners or outside blockers that are nervous about the middle blocker running into her may want to hold her court hand out to stop the incoming middle blocker.

RETRACTION: The blocker must be able to retract and get off of the net to re-attack. The following is the minimal a beginning player should learn to retract 10 to 12 feet off of the net.

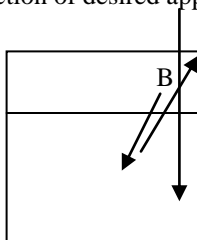
- ◆ Left side blocker, jumps and blocks and the ball is attacked cross court:
- ◆ Player lands block.
- ◆ Player then pivots on left foot, and takes a giant step with right, left step, and hop-stop, or air pivot. It is important to teach the player to go in the direction of desired approach angle.



Right side blocker, ball is attacked cross-court:
Player lands block.

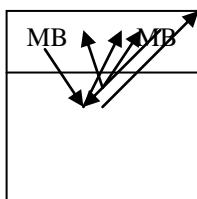
Player then pivots on right foot and takes a giant step with left, right step, and hop-stop or air pivot. A right-handed player will watch the ball go over her shoulder and attack. It is important to teach the player to go in the direction of desired approach angle.

Right Side Blocker



Right side blocker, ball is attacked to line:
Player lands block.

Player then pivots on left foot, and takes a giant step with right, left step, and hop-stop. for the right-handed novice player, this is difficult because she has here back to the court, but the ball is dug in front of her. It is important to teach the player to go in the direction of the desired approach angle. (Right handed player - right foot points to the standard).

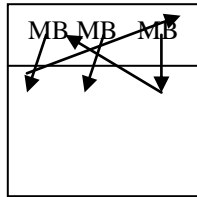


* I refer to this as center touch point system.

Beginning middle blockers-always turn to their right – regardless if they are on the right side of the court or on the left side of the court. This enables the blocker to take one step off the net and be ready to re approach or jump for a quick attack.

Many coaches have their middle blockers learn to open up to the right and left, yet still going to a center touch point. I do not recommend this to beginners. It is like teaching two different types of footwork. Instead, the player will naturally open to her left if the ball is attack to the sharp angle or short corner.

I prefer if we are going to teach both right and left to use a three-point touch system. This can get very complicated. It is imperative that you understand it to assist a young player that may need this footwork and these approach angles.



* This is what I call a three-point touch system.

EXERCISES:

- 1) Butterfly hands and partner pushes and pulls for 15 seconds. Repeat 2 times. (Idea is to concentrate on staying “tight” and focused).
- 2) Block rolls. This is a linear or log roll where the player attempts to stay in a blocking position throughout the roll without touch the floor with her arms, hands or feet. (Focus on the players ability to control their butterfly hands) 5 each direction.
- 3) Jump and grab a tossed ball over on the opposing side of the net without touching the net.
 - a) for the vertically challenged lower the net to do this exercise
 - b) teach the counting sequence of 1,2,3
 - 1) 1 means the ball is coming to my area or zone
 - 2) 2 means I am loaded or coiled ready to jump
 - 3) 3 mean jump
 - c) 2 x 7 each blocker
- 4) Crazy approaches and block the ball. Partners approach with volleyball in their hand and do any kind of footwork desired. The blocker must stay loaded, move, front the hitter and block the thrown ball. 7 reps and switch.
- 5) Block a stationary hitter (on the floor or on a box) with the antenna hand only. (The other is held head high but is not allow to block the ball.)
 - a) this teaches the blocker how to correct set a block and time the block
 - b) advanced players then repeat this exercise using the inside hand to block the seam ball.
 - c) 2 x 7 repetitions



DRILLS:

- 1) **Penetration Drill:** this drill involves all of the above. Coach is on a chair or table, and hits balls right at the blockers, and will move the ball from side to side to assist the outside blocker in setting the block. The drill has a line of middle blockers, one outside blocker, and ball shaggers. The outside blocker must set the block, count to 3 for the jump, and then penetrate the net and block the ball.
- 2) Block in hitting lines.
- 3) Two blockers cover three hitters.
- 4) Running block drill
- 5) Dig to block drill.
- 6) Tip drill.

COMMON ERRORS:

- 1) Fouls, foot faults, and net
- 2) Swinging arms
- 3) Jump timing late or early
- 4) Thumbs are not together, thus allowing a hole in the individual's block
- 5) Not penetrating or sealing the net
- 6) Slow footwork
- 7) Middle blocker turns shoulders away from the net and does not rotate back to block
- 8) Back pedals away from net
- 9) First step is away from the net
- 10) Blocker is "ball focused" Vs following the appropriate visual sequence.
- 11) Blocker is guessing which direction to move as opposed to reading the setter and hitters
- 12) Blocker is late due to moving in an upright position
- 13) Blocker is too early because she is focused on the ball or hitter's jump as opposed to reading the arm swing

BLOCKING

KEY WORDS:

- ◆ **PENETRATE (arms and hands across the net)**
- ◆ **COUNT 3 FOR JUMP**
- ◆ **BODY TOWARD THE COURT**
- ◆ **EYES OPEN**

- ◆ **LAND BALANCED**
- ◆ **CONTROL JUMP**
- ◆ **COIL**
- ◆ **MOVE LOADED**
- ◆ **READ THE ARM SWING**
- ◆ **READ, DON'T GUESS**
- ◆ **POUNCE**
- ◆ **QUICK HANDS**
- ◆ **STAY FIRM**

PERSONAL DEFENSE

KEY CONCEPTS:



Spread out the players on the court. Using verbal commands review and practice each of the following a minimum of 10 times.

- ◆ Teach a low ready position.
- ◆ Low stance with the body upright for an opponent with an attack that is soft or easy.

- ◆ Teach a low ready position, body crouched over with shoulders forward, and knees knocked.

- ◆ Teach a running forward steps, side shuffles, and cross over steps.

- ◆ Teach the player to pre-hop just prior to contact by the attacker.

- ◆ Teach the player to pre-hop, step-hop toward the ball, make bounces or running steps to intercept the ball.

- ◆ Teach the player to step-hop, bounces and spring forward to dig a low ball.

DIGGING:

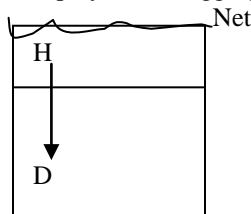
*After teaching the player the previous movements on the court, then teach the player to dig the ball.
(Repeat each at least 10 times, if time permits, do more repetitions.)*

- ◆ Start with a low stance, step-hop, and partner throws the ball right at the player's knees pads. The player must move forward and J-stroke the ball with her platform and intercept the ball. The hips of the player will be forward, shoulders are forward and arms are vertical prior to J-stroking the ball. (It is important to teach that the platform is straight prior to intercepting the ball, and the elbow are driven together to form the J-stroke.)

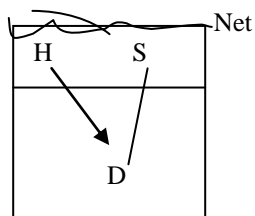
J- Strokes

Teach only to advanced players:

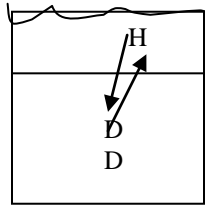
- Usual defensive posture
 - Partner tosses a ball to a digger and she digs the ball and follows through with elbows making a j.
 - emphasize that the platform must be straight to begin with
 - player is looking for the back spin on the ball
 - reason to use this skill is keep a dug ball on the same side of the court, and out of the ceiling
 - player's that lean back and attempt to do this skill will J the ball into their nose. (Bummer!)
- ◆ Teach to come up to ball, not down to ball.
 - ◆ Partner throws (easy over hand tosses) to either side of the player. (Player hop-stops, plays the ball.)
 - ◆ Partner hits the ball to the digger from a toss from the digger.
 - ◆ Partner hits the ball controlled but in front of the digger, the digger must do a step hop to the ball.
 - ◆ Partner hits the ball to one side and then the other the digger must use shuffle footwork to dig the ball, the digger's feet should always face forward.
 - ◆ Lead-cross over drill-player does a lead step, crosses in front, hop-stop, is low and digs a ball from a partner hitting balls.
 - ◆ Pepper-toss, set, hit, dig, hit, set, dig
 - ◆ One way pepper-same as one way pepper except two players are digging. (Helpful to use defensive floor positions if court space is available.)



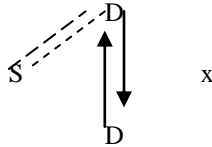
- ◆ Russian Pepper/Triangle pepper-1 player attacks, 1 player digs, & 1 player sets the ball.



- ◆ Shuttle Pepper-3 players rotate as in a shuttle drill, and do Russian pepper noted above. (Requires good swing control & communication.)



Setters Pepper-the setter controls this pepper game, by making sure that hitters know which side of the court to dig the ball. The diagram below will show that the setter has 4 targets to run to and the setter is always opposite of the digger. (Good drill for more experienced players.)



SPRAWLS:

- ◆ Partner drops a ball to a designated line on the court and player does the following: (repeat 5 times)
- ◆ Player lays flat on the floor, and stretches out and slides the hand along the floor.
- ◆ Player kneels, and stretches and slides the hand out for the ball.
- ◆ Player in frog position, same as above.
- ◆ Player in ready position, and repeat above.
- ◆ Player hits the ball at the designated line, and repeats the above.

BARREL ROLLS

- ◆ Teach the following without a ball, and to both sides:
- ◆ Lunge, forward , watch hand playing the ball.
- ◆ Lunge, play the ball, lay out and turn to side that play the ball.
- ◆ Lunge, play ball up, lay out turn onto back and drive legs over in a log roll.
- ◆ Lunge, play ball up, lay out turn onto back and drive legs over in a log roll, and push up into a ready position.
- ◆ Repeat the following with easy toss, (5 times), and then a more difficult toss. Use player in partners. (5 times)
- ◆ Repeat with player pivoting to right and left.



SHOULDER ROLLS:

- ◆ Teach the following without a ball, and to both sides:
- ◆ Lunge, and lay on side, watch hand playing the ball.
- ◆ Lunge, lay out, play ball up, and opposite foot over shoulder.
- ◆ Lunge, lay out, play ball up, opposite foot over and roll.

- ◆ Lunge, lay out, play ball up, opposite foot over, roll, and hop up for recovery.
- ◆ Repeat the following with easy toss, (5 times), and then a more difficult toss. Use player in partners. (5 times)

REMEMBER TEACH ROLLS AND SPRAWLS FOR SAFETY ONLY!! TEACH PLAYERS TO RUN THROUGH THE BALL TEACH BARREL ROLL UNLESS THE PLAYER IS A NATURAL SHOULDER ROLLER.

BALL CONTROL - JUGGLING

The idea behind juggling is the player become so familiar with the Volleyball that they can save the ball no matter what body part the ball happens to contact first.

Beginning Level - everything is individual only

- ◆ Pass, set, top spin attack, one hand, one hand, head and repeat.

Intermediate Level -

- ◆ Pass, set, top spin attack, one hand, one hand, head, one knee and repeat.

Advanced Level -

- ◆ Pass, set, top spin attack, one hand, one hand, head, one knee, second knee, foot, 2nd foot and repeat.

Crazy Level -

- ◆ Pass, set, top spin attack, one hand, one hand, head, one knee, second knee, foot, 2nd foot, ball goes over the player's head, comes off the heel back over head and repeat.

FOOTWORK FOR VOLLEYBALL

KEY CONCEPTS:

The player's ability to move on the court will determine the success that a player will have in each and every skill. The following terms have been defined and should be taught immediately prior to the player's contacting the volleyball. This should be done quickly, and the terms used should be consistent through the short (20-40 minutes) workout and the progressions that follow. Young and experienced players do not make the connection between the footwork and the skills themselves, and it may be advisable to teach the footwork for each skill at the beginning of the progression, as opposed to the beginning of the camp. Please take into consideration your camper's age, skill level, and attention span when teaching volleyball footwork in one session.



The terms from different skills should always refer to the same movement. Example is Lead-Crossover is the same movement for blocking as in digging, just the level of the movement is changed from high for blocking and medium for digging.

KEY WORDS FOR EACH AREA OF THE GAME:

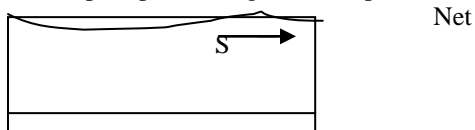
PASSING:

1. Pre-hop--used to teach the player to hop in place prior to the contact of the serve, experienced players naturally will do this momentum creating movement. Stress to young players.
2. Step-hop--use both right and left step with a hop-stop. A hop-stop is a movement that the feet land parallel and approximately should width apart, often referred to as a step-close.
3. Bounces--just like the word says, bounce in the direction of the ball. This is a very quick, short movement.
4. Pivot-and lean away--used in non-linear passing, so that the arms are to the side of the body and the player is able to track the ball better.

5. Natural follow through--in the direction of the movement, (ex. non-linear passing, the platform is aimed at the target and the hands and body will follow through parallel to the net. In linear passing the follow through is the target.

SETTING:

1. Setter runs to target and does a hop-stop to position herself correctly in the target area.
2. Setter uses a right, left step along the net to position herself correctly to set a ball close to the net, yet not in the target area.
3. Setter uses a reverse pivot, hop-stop, and a right, left step for balls that are passed to the right of the setter's target.



4. Skip Window – this is large step to the ball in any direction, while keeping the hands up in the setting position. The term skip implies to the player that is quick push off the right foot and then step left, right foot to the target.
5. Left brake-step – used for balls outside of the target area, and the setter runs, brake steps with her left foot and then steps right to the target.
6. Brake-step--used for balls outside of the target area, and the setter runs, brake-steps on her right foot, pivots on the right foot and sets to the left side attacker. The setter attempts to get the left hip around to point to the left standard, so that the hips are facing the intended direction of the set.
7. Spin-step--used for balls outside of the target area, and setter runs, and spins on her right foot to set the ball to the left-side attacker. This step is more difficult to get the hips toward the left standard, because of the distance of the pass off the target area.

ATTACK:

Approach--should be taught in reverse chain. Right handed players must have their last two steps, right, left. The right foot points to the right side standard, and the left foot is parallel to the net.

Going across the gym, do each of the following sequences:

- 1) Arms natural to the side, player does a right, left plant jump, or step close.
KEY: is right, left.
- 2) 3 steps, left (arms go straight out to the side and up), right, left.
- 3) 4 step, first is a natural walking step, and repeat #2.



BLOCKING:

- 1) Hop-stop--a simple step-close.
- 2) Shuffle, hop-stop--take one sliding step and then step-close.
- 3) Crossover, hop-stop--used for outside blockers cross in front and then step-close.
- 4) Lead Crossover--one giant step to the side and then cross in front and then step-close.
- 5) Landing the block--most of the time a two foot parallel position (hop-stop)
- 6) Land one foot--landing the block with one foot, the foot opposite in the direction needed to move is the foot to land on, used for commit blocking systems.
- 7) Retraction--a series of steps to get the player to attack the ball
 - a) land the block

- b) pivot
- c) giant step
- d) reverse pivot
- e) approach

DEFENSE:

- 1) Lead Cross-over
- 2) Pre-hop
- 3) Step-hop
- 4) Bounce
- 5) Spring--the player throws her body, platform or hand to intercept the ball
- 6) Pivot, and run, hop-stop
 - a) player is out of position in the defensive floor pattern and she must
 - b) pivot, run, and then stop to play the ball.
- 7) Pivot, and run-through
 - a) player is out of position in the defensive floor pattern and she must
 - b) pivot and run. The ball is out of reach player attempts to run through the ball
 - c) or will roll as the ball is about to touch the ground.