



## Sandy's Tips and Drills: Getting the most out of your practice time!!

### Introduction:

- You must do the following for your athletes to have a super season:
  - **You – Great Coach**
  - Logistics
  - Parents got the most of their money spent.

To have success as a coach and a team and obviously as a Texas Image Volleyball Juniors Program it is essential that we each do a good job of planning practice. It is just like writing a lesson plan for those of you that have a back ground in education. Those of you that you do not, think of it as planning a "road trip"! You would not take off for Anywhere, TX without a map, directions, ideas of what to do when you get there, etc. So here are some random ideas to assist you in planning your practice.

### Are you ready for your team?

- Impact Certified
- First Aid/CPR
- Band-Aids, ace wraps, ice bags, tissue, rubber gloves
- Players, parents, names, addresses, phone numbers, emergency phone numbers

### General Rules:

1. Have a plan
  - a) Start on time, end on time
  - b) What happens if you can't get the gym right away? You forgot the balls; the crank to the net is missing?
2. Write this plan down on paper
3. Write your drills down as specific as possible in "time" blocks
4. Plan your practices in themes: defense, offense (serve reception offense, free ball offense, or transition offense), individual skills, team systems, or combination of several aspects of volleyball etc.
5. Develop a routine in your practices;
  - a) Warm up – ball oriented
  - b) Ball control, passing reps, setting repetitions and serving every practice
  - c) How do you get the players attention?
  - d) How do you send them off to work in groups etc.?
  - e) How do kids know when they are finished with a drill
6. Things to work on every practice:
  - a) Serving – 2 x 5 minute serve breaks (Travel Coaches – 3 x 5 minute serving breaks)
    - 1) 1<sup>st</sup> serving break – high repetitions to a certain zone (block training)
    - 2) 2<sup>nd</sup> serving break – add movement (run to defense) and challenges, criteria, competition and possible consequences
7. Make practice busy, productive and build your conditioning in with the ball and drills you do
8. Make practice a challenge; each player should leave practice and say "wow" I learned a lot today!
  - a) Don't forget to do some crazy things
  - b) Do some things that the players are great at and some things the players can not do
  - c) Always remember that Volleyball is a game that will teach itself if you allow your players to play singles, doubles, triples etc. Be patient and let the play be ugly but allow kids to play to learn how to play.
9. Make practice FUN!!

### Local Practice – an example:

#### 2 hours once a week:

15 minutes - Warm Up/Ball Control

- Last 5 minutes very fast and aggressive
- 15 minutes - Individual Skill Review for Offense
  - Possible setter session
- 5 minutes - Serve Break #1
- 15 minutes - Combination Drill (small groups) focusing on offense
- 10 minutes - Small groups – games like singles, triples, etc. (consider this a great way to practice serve receive and serving)

**Halfway mark – remember time flies when you are having fun!!**

- 15 minutes - Individual Skills Review for Defense
- 5 minutes - Serve Break #2
- 10 minutes - Serve Reception
  - (Attempt to make this competitive or challenging if possible)
- 15 minutes - Team Drill – emphasis defense
- 15 minutes - Team Drills – emphasis offense

**How to get the most out of practice!**

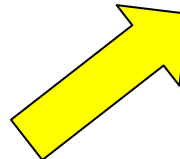
Review the above:

**NO TIME but how do we get the following done in a practice session:**

- Setter’s Training
- Conditioning for shoulders, abdominals, low back and of course vertical jump
- Sport Psychology
- Nutrition
- Practice and competition stats
- Team Bonding
- And deal with high maintenance parents

**Setter’s Training**

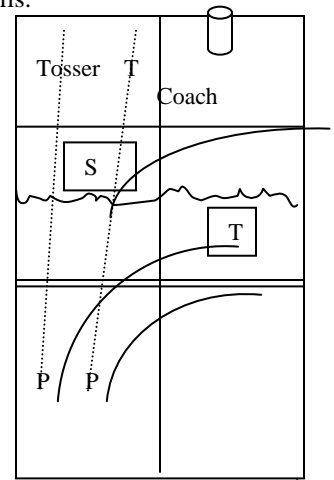
- **Setter’s warm up**
  - Before practice or as the team sets up the nets:
  - 50 sets to the wall – quick sets, 5’s or 1’s
  - 50 sets to the wall – lob outside – 1’s or 4’s
  - on the net – with partner
  - 10 each
  - lob 3’s or 33’s
  - lob outside set - 1’s (4’s)
  - high middle set – 4’s (2’s)
  - jump set 4’s (2’s)
  - jump set one hand 4’s (2’s) seated 4’s or 2’s (eventually do lob outside sets – 4’s or



This setter’s warm up will take approximately 15 minutes. Typically you will not have that much time, so cut items out, etc.

**Setters Session’s**

- See suggestions and do an extra 10 minutes a day on the court with you tossing volleyballs.
  - Coaches – remember beginner setters need those perfect tosses from the left side of the court to assist them in their development. Make sure to move all around the court when tossing for any drill.
  - **Key point:** If you do not have a scouting report on your opponent always serve deep right back or zone #1, or right front or zone #2, because that is the toughest pass for any setter.
- Passers (hitter’s and libero’s) are working on a half court with you doing target passing or repetitive passing type drills. (See diagram)



**Setters Rules – what are yours?**

- ? Who is your setter? Best Athlete? Best Short Athlete?

**Rules:**

- 1 – Where is the target?
- 2 – 1<sup>st</sup> responsibility is to play defense then set the ball (both as a front row setter and back row setter)
- 3 – Go to the target and then to the ball
- 4 – When playing defense – dig the ball to the target or to the RF

**Players Run The Drills:**

- Teach your players to run their drills

**Tossing sequence:**

- Two-hand underhand toss
- Underhand flip
- Overhand toss or throw
- Underhand serve
- Easy float serve
- Top-spin down ball
- Top -spin serve
- Jump serve
- Tough float serve

**Other ideas for warm up:****Station Work: - following example from Sylvia Ortiz – Keller High School**

Example: Monday and Wednesday (Station work)

- Station 1: Hitting
  - Find space on floor
  - Tape feet (cut outs) or X on floor - left, right, left
  - Do minutes or reps (seconds or #)
- Station 2: Setting
  - Emphasize hand position - form ball w/hands
  - Use wall – one ball per player
  - start with toss to wall and catch
  - progress to continuous setting 2' to 3' above head
  - Do minutes or reps
- Station 3: Passing
  - Check hand position
  - Partner toss – one knee
  - Do minutes or reps
- Station 4: Block/Retract
  - Use net
  - Teach block ready position (See handout)

- Retract (See handout)
- Do minutes or reps
- Station 5: Serve
  - Use net
  - Serve 10' – 10'
  - Emphasize
  - Toss - right side of body
  - High elbow – above ear
  - Firm wrist – on contact
  - Follow through – Palm to target (eyeball)

Tuesday and Friday (Station work)

- Ball control games (game like situations)
- 1 vs. 1, 2 vs. 2, 3 vs. 3, etc.
- Modifications:
- Skills – set only; pass, set, tip; pass, set, roll
- Court Boundaries – divide court into thirds or halves (use antenna or spots)
- short court/10'-10'; 15'-15'
- Rotate – rotate position each time ball crosses net

**How can we change this to work with our practice times?**


**Team – Overhead Passing**

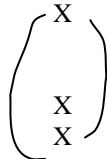
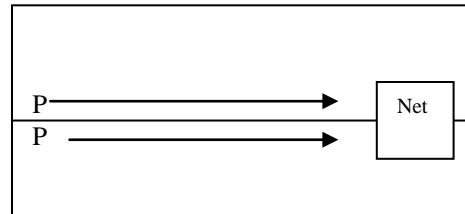
- Setting back and forth
- Star drill
- Cross-Court Sets
- DS – Continuous Shuttle
  - In-groups of 3 or 4 do the following over the net, if the group fails to complete one task start over:
  - 25 passes
  - 25 sets
  - 25 jump set
  - 10 pass to self, set to self, roll shot to partner over the net (adjust number for your age level)

# Texas Image Volleyball



## Other fun things to include in practice:

- Juggling
  - see Sandy's STC Volleyball Progressions
  - Basic to Advanced Juggling - (see STC Skill Progressions)
  - Partner juggling
- Under the net shuffle 
  - Partners - One person on each side of the center line
  - Goal is to pass the ball under the net with partner while shuffling to other sideline
  - Play without "rules" and then establish rules
- Over the Net/Player under the net
  - First allow practice - 2 minutes
  - Then hold 3 x 1 minute contests (or until someone messes up)
- Pepper player (STC Proud member of the Pepper People)
  - Pepper series - See STC Progressions
- Contests
  - **One vs. one – mini court**
- Who's the best –
  - Hitter
  - Server
  - Juggle
  - Running 6's – wide court
  - **Shuttle drill:** Older groups do 75 (in a row), younger groups - make it a contest.
    - Run to your "right"



## Discussion and questions: