

Team Drills and Games for Energy and Activity

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Don't Drop the Baby

- Ball Control Progression
- Forearm pass, setting, down-balling, jumping and swinging
- Cooperative- Competitive

Texas

- 3 person cross net pepper
- Contact ball and move under the net
- Rotation can wave or group of 3 can stay until ball goes dead

Bingo, Bango, Bongo

- Split team into two equal sides
- Initiate a ball to Bingo (left back)
- Team must win a rally with a ball initiated from Bingo (left back), Bango (middle back), and Bongo (right back), consecutively to win the game (essentially must win three rallies in a row to win the game)
- All backrow

Bingo	Bango	Bongo

20/10/UP

- Split team up into two sides
- Each player on a team must attack a ball (and get contact over the net) from the 20 foot line before moving on to the 10 foot line
- Same rules apply for 10 foot line
- After everyone on the team gets a ball over from the 10 foot line, each player must SCORE from the net
- First team with all players to score- wins the game

USA Progression

- Split team up into two sides

- Set players up in middle back, left back, left front, and right front (does not need to be a position they would normally play)
- Rotate clockwise
- Initiate ball to either side
- Start with forearm passing only, rotate every time your team sends the ball over the net- go until your team reaches the goal set at the beginning of the drill (we usually do 25)
- Go back to 0 if the ball drops in the middle of the drill or error was committed
- Once goal is reached move on the passing and setting (same rules)
- Once setting goal is achieved move on the swinging (same rules)
- Once goal is achieved move on to competitive USA
- Initiate ball and play cooperative for 5 points, once goal is achieved the ball is live
- Play for 5 big points

Bounce

- Split teams on to two sides of the court (should be a position they would play)
- Start with a serve, play normal volleyball rules until the ball hits the ground
- Once ball hits ground, count the number of bounces (score)
- After a ball bounces in the court players must chase after it, and retrieve the ball with a volleyball move (no catching and throwing ☺)
- Once the ball bounces, the team has unlimited contacts to play the ball on their side before returning to normal volleyball rules.
- Play to 60

Jacketball

- Split team into two equal sides 6 v 6
- Initiate one ball to each side simultaneously
- First contact for each side is pass, set, pass
- Second contact is pass, set, set
- Third contact is pass, set, down-ball
- Fourth contact is live
- If at any time there is only one ball left- that ball is live
- Points are scored by scoring off of live balls