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Ball Control for Success

- We do 20-45 minutes of Ball Handling of some kind every day, even at the end of a season when some coaches choose to let this go, it seems most important to me.
- Find your standard of excellence in ball handling and stick to it. NO excuses.
 - Body Position in each skill : Before, During, and AFTER contact.
 - Using Voice: Calling the ball, calling a name, counting the number
 - What are players doing when they don't have the ball?: Counting, Slap a hand, always on task for next contact: Culture!
- Tempo every drill every practice for maximum reps.

Partners

Passing:

- Low Pass - platform movement
- Angle Pass - Alternate
- 90 Degree Pass OOS (down-up with legs, arms don't go above nose)
- Regular
- Movement Pass Yo-Yo
- 1-2 Back Pass

Setting:

- Quick Set - Hands Stay Up
- Side Set - Alternate
- OOS Set - High (load - set - reload)
- Jump Set
- Movement Set Yo-Yo
- 1-2 Back Set

Hitting/Digging Series:

- Hand Contact - Net to Endline
 - Straight
 - Cross Body - Thumb UP - (Hips start open, finish square)

- Full Rotation - Thumb DOWN - (Hips start square, finish Closed)
- Toss to Partner, who hits at you: 10' to Endline
- Dig on Knees
- Drop and Drive - Low and High Dig
- Dig Self - Roll Shot - Low and High Dig
- One Way Pepper
- Dig-Tip-Chase
- Floor Moves: Collapse, Sprawl, Side Slide, Roll
 - Right
 - Left
 - Forward

Other Variations: Groups of 3-4:

- Weave
- 2-3 on the end line
- Partners Over the net: Passing and Setting
 - Tempo 4: Top of ball above antennae
 - Tempo 3: Top of the ball at the antennae
 - Tempo 2: Between 1 ball above net and 1 ball below antennae
 - Tempo 1: Bottom of ball just above the net.

5+ Players

Movement passing - 4 variations

1. Out to In
2. Up to Straight Back
3. Up to Angle Back
4. Back to Up and Shuffle Around

10-Ball

Dig-Set

4-Corner Dig-Set

6-person Pepper

Tips and Rolls

50 in 3/15 in 3...

2's short court - Medium Court - Long Court