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Using Position Training in Practice to Maximize Reps

Find your purpose for Position Training:

- Identify What areas each position needs to work on, and each individual player as well.
- SMALL adjustments in learning/skill make big results later. Just keep building each day.
- When you write your practice plan, put a FOCUS for each drill so that all coaches know what they are expected to teach/identify/look for to correct. I use Google Docs and share with my coaches so that they can see it ahead of time and add thoughts/adjustments to it during the day.
- Position Training may take a little more planning on your part - equipment, space sharing, player sharing.
- We generally go 30-45 minutes of Position Training in a practice.

3 Groups working:

1. Passers/Defenders

NON NEGOTIABLES: 3 of THEM!!

- **Everybody Talks (Name, in/out, short/deep, spin/float, what the server did last time...)**
- **Everybody moves (Turning towards the passer, staying in passing form, ready to chase a poor passing contact)**
- **Everybody goes to the line (Passer has eyes on the ball and needs help in in/out balls. EVERY PASSER goes to the line, whichever line it is)**

1. Partners tossing to the clock and working FW, angle for position on it.
2. Box serve and Pass:
 - a. One way or both ways over net.
 - b. Need attention to target in the middle of the court (Use a hula hoop/dots to mark).
 - c. Changing who server is serving at.
 - d. Serving to a specific body part - sideline, in front, push, left or right.
 - e. Back up the boxes/Move them up in the court to vary tempo of serve.
 - f. Can go singles, doubles, 3's in this.
3. Erbe S/R: Doubles/Triples
4. Working particular areas of trouble
 - a. OH passing out of area 5 and being moved sideline or to 4 and then having to hit.

- b. ALL FW moving BACK - "I hate moving back to pass a ball" Likewise, as a server.... Push the passer back because you KNOW that YOU hate it, she likely does too!
5. OOS Pass-Setting/Hand Setting
 - a. Off of toss to "safe set" @ each pin
 - b. Groups of 3: Defenders @ RB and MB, LB Sets.
 - Platform Set forward and Back to each pin
 - Hand Set forward and Back to each pin
 6. Back Row Attack Series - 3's
 - a. Working back row spacing as defender of a BRAT
 - b. Setter Pass-Set or Hand Set the ball to a Red - Pipe - Blue and Proper Height
 - c. Attacker staying behind the setter for a powerful approach
 - d. Swinging to different areas of the court - deep AND rolling donut

2. Setters

***Note: You can also do most Setting Position Training off-court. Mark dimensions on a wall and floor.**

1. Warm-Ups:
 - a. Wall: quick both hands, each hand, high low, 3-6-9, around the world, travel...
 - b. on court: walk, shuffle, skips, forward, backward, jump and touch floor, quarter turns, over/under net...
 - c. Partners : Tempo Setting (see above for tempos)
2. Triangles
 - a. FW: PP, 1-step away, 2-steps, 3-steps
 - b. On the floor, jump set, spin, Set Away/Jack
 - c. 4 - Go - Hut - B - Money(Gap) - A - C - 6 - 8 - 9 - Dog - Red - Pipe - Blue – Bic
 - d. If you don't have a "net target", put a person on a box with hand up where Perfect Set would be attacked.
3. Tap block and Set
4. Coming from RB and Set
5. RF and RB in defense. One digs, other sets.

3. Attackers/Blockers

1. As a an Attacker:

- a. Clock FW
- b. Landing on Two Feet
- c. L Drill
- d. On a box -
 - i. working arm swing and rotation of core
 - ii. Finish over the top
 - iii. Spin the ball
 - iv. Working thumb up/down
- e. OOS attacking: Toss from a coach OR add a Player to Pass-Set OOS
 - .To spots on the floor/areas of the court (line, deep cross, cut...)
 - i. Hitting off hands/blocking pad
 - ii. Spinning the ball to deep - last $\frac{1}{3}$ of the court

2. As a Blocker:

- a. FW
 - i. Side Step
 - ii. Quick 3
 - iii. Swing
 - iv. Side step and swing for OOS
- b. Hand Position
 - a. POB: Ball grab
 - b. Throw your pin hand over, thumb up if LATE to turn in
 - c. COB and hitting into block: Multiple places on the net: add an antennae in the middle of the net to "create" another pin area.
 - 1. One-handed blocking: PIN HAND most important
 - 2. Two-handed blocking
 - 3. Add a Middle/partner
 - 4. Coach hitting into the block to a spot
 - 1. Seam
 - 2. Cut
 - 3. Hands/Tool

4. Combine Groups

Note: Many times in combo groups you will need to go one group is “on”, another group is “shagging”.

Combine Setters and Middles

- Working tempo Sets
 - B-A-B A-B-A B/D/F...
 - Combos of 3 attacks trains your middle to stay involved in a match.
 - Off coach toss (make sure attacker approach spot is legit - they like to back up way to far when a coach tosses to setter and is unrealistic for what really happens in matches.)
 - Can make first pass to setter from the Middle so they get reps passing that short FB that is often given to them.
 - Change to Tap block (from all areas) and hit

Combine Pin Hitters and Bros

- OOS Attacking with Bro as Pass-Set
 - OOS Attacking with Bro finding the 10' line and hands/platform set
 - OOS Attacking with Pin Hitter passing FB to middle of court and Bro setting.
 - With ALL attacking options above, put a GOAL on it for the attackers - where do you want to put the OOS ball that you are hitting? Line? Cross? Other? Train them to BE AGGRESSIVE on the OOS ball - many players just want to tip/roll this ball, and although there is value in that at times, being aggressive is sometimes unexpected by the defense.
 - Back ⅓ of the court is our goal if you don't know where else to attack - line and deep cross.
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Combine Setters and Bros

- COB attacking at Setter in RB/RF and Bro in LB/MB Defense
 - Coach on Box From LF/MF/RF
 - Hard tempo attacks
 - Tips and Rolls
 - Setter Digs and Bro sets OOS Safe Set to either pin, platform or hands
 - Setter Digs and Bro sets Setter on a RED or a 9.
 - Bro Digs and Setter Sets Pre-determined ball from coach (could be BRAT to Bro if that is a part of your offense, or to a target on a box)
 - Bro Digs and Setter Sets Bro at Pipe or Blue
- Bro is in S/R and Setter coming from all S/R spots, setting pre-determined attack point.

Combine Pin Hitters and Middles

- Divide into two groups - One is a hitting group, other a blocking group. Switch after "X" time.
 - Coach tossing OOS balls to Pins
 - Attacker working hitting shots: Line, cross, tool, cut, roll...
 - Blockers working set up, FW, hands, close
 - Coming from base
 - Coming from slide step already taking place (read on the poor pass)
 - Coming from true OOS and block is turned and loaded
 - Still two groups, hitting and shagging.
 - OH @ LF
 - OH in defense either @ LB or MB, wherever you run them.
 - Middle @ MF OR their back row base after they serve.
 - Coach tossing balls over the net as a FB to a Middle or OH who is playing that ball.
 - Designate who is setting the OOS ball to the OH.