



## Inspiring Competitive Greatness

### Foster Faves: Top 10 Competitive Drills

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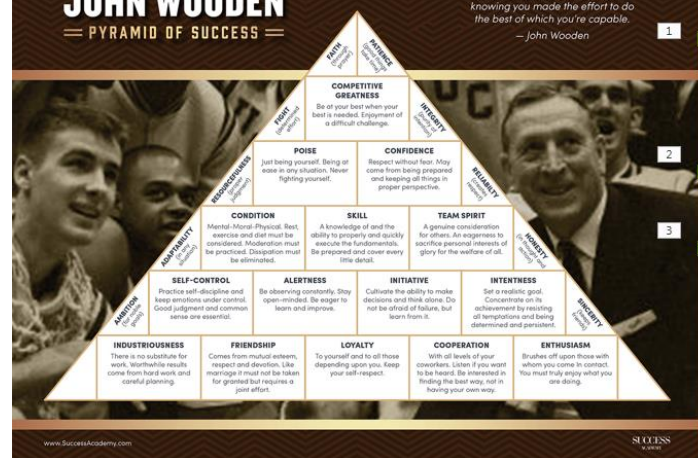


## COACH JOHN WOODEN


### == PYRAMID OF SUCCESS ==

Success is peace of mind attained only through self-satisfaction in knowing you made the effort to do the best of which you're capable.  
— John Wooden

- Competitive Greatness is built on other attributes
- Be your BEST
- Enjoy the Challenge



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## 3 Big Influencers on Kids' Competitive Spirits

- ▶ Technology
- ▶ Cultural Pressures
- ▶ Busy Schedules



### BALANCE



## My Goals in Volleyball Practice

- Inspire reflection & conversation
- Respect Everyone's Time with High Efficiency Plan
- Expect Focus & High Performance
- Facilitate Competition-Based Drills



## Basic Practice Plan Format

- ▶ 0-5 Chalk Talk
- ▶ 5-25 Warm-up/Conditioning
- ▶ 25-40 Ball Control Drills
- ▶ 40-85 Stations
- ▶ 85-120 Compete

All include a sort of competition, either cooperative against time or competitive against opponent.



## Top 10 Drills: #10 - Butterfly Variations

- ▶ 2-Contact Butterfly
- ▶ Coach Initiated Out-of-System Butterfly
- ▶ Around the World Butterfly



## Top 10 Drills: #9 - Street Fight

- ▶ Coach initiated: down balls to each side
- ▶ Progress through skills to send ball over the net: passing, setting, tipping, roll shots, downballs, anything goes!
- ▶ Cooperative First: 10 in a row for each skill. Usually rotate each time ball goes over net.
- ▶ Competitive with each skill: Must pass over net, then set, etc. 3 contacts not required. Games to 10.

Teaches creativity in keeping opponent on their toes & seeing open spots on court.  
Teaches defense to be ready for anything!




## Top 10 Drills: #8 - Short Court Tennis

- ▶ Split court in half, boundary is 10' line. 2-3 players per team.
- ▶ Coach Initiated: Joust or free-balls
- ▶ Single contact for each side.
- ▶ Teaches aggressive net play along with improving ball control in tipping/shots.
- ▶ Variation: Full court tennis, 3v3 Queen of court style, Passing/Setting. Add 2 balls

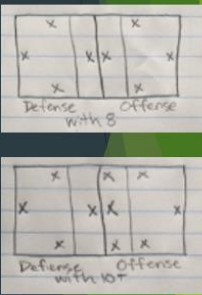




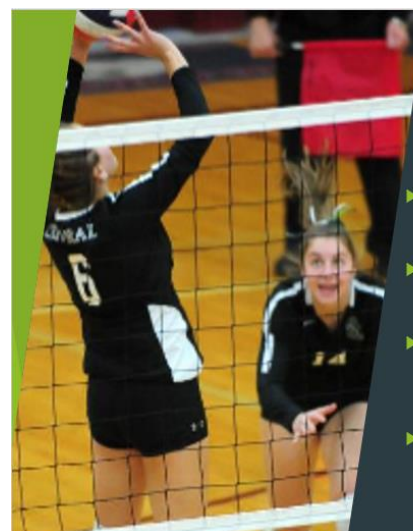


## Top 10 Drills: #7 - Defense Wins

- ▶ 4 People on Defense
- ▶ Pick a time limit: 2/3/4/5 minutes
- ▶ Coach initiates freeball to offense, teams play out rally
- ▶ Defense scores 3 ways:
  - Block=+2
  - Playable Dig=+2
  - Return attack back to offense=+1
- ▶ If defense lets a ball drop without maximum effort, score goes back to 0. Time does not restart.



F O S T E R F A V E S



## Top 10 Drills: #6 - 3-in-a-Row

- ▶ 6 v 6. Coach initiated: Winning side receives down balls.
- ▶ Goal is to win 3 in a row and stop opponent from winning 3 in a row
- ▶ After team wins, they serve. Score is 22-22 and play it out—same team & server.
- ▶ If serving team wins to 25, they get a BIG point and rotate. If receiving team wins, start free balls over.

F O S T E R F A V E S



## Top 10 Drills: #5 - 19-19

- ▶ 6 v 6 or 4 v 4. Serving with Rotation Exchange Drill-Winner Stays
- ▶ Both teams start at 19-19. Play until winner reaches 25
- ▶ ACE is an automatic WIN.
- ▶ Teaches team to serve tough and not be aced in final 6 points of game!

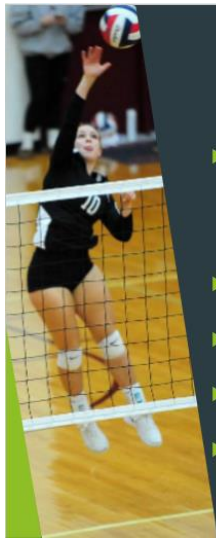
F O S T E R F A V E S



## Top 10 Drills: #4 - Hitter vs Hitter

- ▶ 6 v 6. Coach initiates with downballs to alternating sides.
- ▶ Identify which hitters (or setters) are competing.
- ▶ Games to 5 or 7. Teams only score on a kill from competing hitter.
- ▶ Kills = +1 point  
Hitting Errors = -1 point  
All other outcomes = Wash

F O S T E R F A V E S



## Top 10 Drills: #3 - Back Court Exchange

- ▶ 3 v 3 - promotes out of system backrow attacks  
4 v 4 - have setters stay with 3 backrow players  
Exchange Drill-Winning team stays
- ▶ Girls are lined up in 3 lines on both end lines.
- ▶ Coach initiates with alternating downballs. Fast-paced.
- ▶ Can only hit backrow attacks.
- ▶ Play to 10. Scoring can be as a team or individual.

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## Top 10 Drills: #2 - Scramble

- ▶ 6 v 6. Coach initiates with freeballs to winning side.
- ▶ 7 total freeballs. Fast-paced!
- ▶ Team who wins 4 or more gets a big point and rotates.
- ▶ Progression: downballs, roll shots, tips, backrow, everything goes!

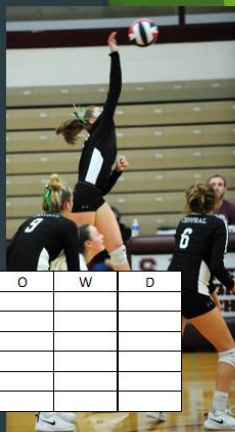


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## Top 10 Drills: #1 - OWD

- ▶ 6 v 6. Identify "Offense" & "Defense."
- ▶ Defense serves 10 balls (same server). After each serve plays out, receiving team (Offense) gets a free ball.
- ▶ Make a chart based on server:
  - Defense wins both serve & freeball - D=+1
  - Offense wins both serve & freeball - O=+1
  - Defense wins 1/Offense wins 1 = W=+1
- ▶ Shows strong & weak rotations
- ▶ Goal for varsity is to win 7 out of 10 in each rotation

Rotation	O	W	D
1			
2			
3			
4			
5			
6			



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## Keep Competition Fun!

- ▶ Bjerrings - 2v2, 3v3
- ▶ Halloween 4 v 4 Tourney
- ▶ Celebrate! High ENERGY!

