

## **Manhattan Christian Volleyball Drills**

### **Golden Egg**

**Requirements:** 4 Players, 3 Balls

**Purpose:** Ball control, communication, and court vision

**How it Works:** This drill uses short courts. The attack line is your end line and we divide the net in half. Create teams of 2, with one team on each side. Each pair has a “golden egg” ball that they cannot let touch the ground. The third ball is used for the rally. The drill is initiated by one team “serving” the ball over the net with a set. The person holding the golden egg ball cannot pass the rally ball and must toss it to their partner before they contact the rally ball. The rally continues until a team wins the point either with the rally ball or someone drops their golden egg. We score this game with one point if the team wins the rally and 2 points if the opponent drops their golden egg.

### **Catch 25**

**Requirements:** at least 10 players, bucket of balls, timer (optional)

**Purpose:** Serve receive, defense, ball control

**How it Works:** Start the drill with 3 players in serve receive and one setter in setting position on one side of the net. On the other side of the court there will be a full 6 with the person in 1 as the server. The server will serve to the serve-receive side, who passes to the setter who then sets to the outside. The player in 5 transitions to attack the ball on the outside. On the serving side, the ball must be dug by the defense and caught by the target for it to count as 1. The goal is to get 25 catches from the outside hitter, 25 from the middle and 25 from the opposite. To rotate through the drill, server moves to 6, the player in 6 moves to 5, 5 then runs to the other side of the court to get in on position 1. On that side of the court they rotate 1 to 6 to 5 to target. Target goes under the net and starts on spot 4. The person in 4 goes to 3 which goes to 2 who is the target. That person is responsible for ideally catching the dug ball or shagging the ball and then getting into the back of the serving line.

## **Scot's Serve Receive**

**Requirements:** 3 passers and servers, timer (optional)

**Purpose:** improve serving and serve receive

**How it Works:** Start with 3 serve receivers on one side of the court and the rest of the players are servers (you can also use setters to target on serve receive side). Serving side serves one at a time trying to score on the receivers. Receivers need to pass a 2 or a 3 to stay on serve receive side. If they pass either a 0 or a 1 the server replaces the receiver. After the players have switched, the next server can serve. This drill is usually done for time and not reps.

## **Nevilles**

**Requirements:** 3 defenders, at least 9 offensive players, timer and scorekeeper

**Purpose:** Defense

**How it works:** The court is set up with 3 defenders on one side of the net and 6 players on the other. Coach initiates a free ball to the 6-person side. The rally is played out. Every dead ball, the free-ball side rotates through, front row goes off, back row moves to front row, and a new 3 step on. The front row should shag the loose ball. The defense side is the only side to score. They get a point every time they win a rally and every time they get a dig. Their score goes back to 0 if they do not go for a ball and it scores. After 3 minutes are up, a new group of 3 comes over to the defense side, and the drill starts again.

## **Gauntlet**

**Requirements:** 2 teams of 6, a white board

**Purpose:** to increase level of difficulty for competitive scrimmage, increase versatility for offense

**How it works:** Divide group into 2 teams. We would use our JV and Varsity teams. On a white board or large piece of paper, write out different shots or ways to score. For example 3 outside, 3 opposite, 3 middle. Or, to make it more challenging, roll shot, line shot, tip, setter dump, back row attack. This can either be done with serving or with free balls. We have found with our girls that freeballs increase competitiveness during the scrimmage. Coaches initiate with free balls, feeding 5 to one side and then 5 to the other, after which both teams will rotate. We usually start the season giving the jv easier goals (like where they need to score from) and the varsity team will have more challenging goals (must score on specific shots). The first team to clear off the board wins.

## **Race to Rotate**

**Requirements:** 2 teams of 6

**Purpose:** increase competitiveness in scrimmage

**How it works:** Divide group into 2 teams. Side A serves 5 serves in a row and then rotates. Side B needs 3 points in a row before they can rotate. The first team to rotate all the way around wins. Switch the serving team to Side B. If side B is significantly better than A, then when it is side B's turn to serve 5 in a row, side A can rotate after every 3 points won (the points do not have to be consecutive).