# Gallatin Raptor Volleyball **Favorite Practice Drills**

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# Hard Butterfly

#### \*12-20 players.

\*Band on the antennae, two flip charts (serve counter and pass counter),

\*Timed with a goal.

\*Three passers and a target on each side.

\*All others are serving.

\*Normal butterfly - pass, to target, target to server on the other side.

\*Missed serve = stay and serve again at the end of the line.

\*Stating good passes and serves under the band.

-Overpasses, aces, and missed serves subtract.

## Idaho Butterfly



\*1 min each pattern

-Inside

-Outside

-Deep

-Short

\*Repeat in area 1 & 5

\*Set a Goal

\*Subtract for overpasses, missed serves

\*Accountability - serving toughness and speed

### Team Pass/Set

\*11-20 players, two balls. \*\*Two rectangles on one side of the court.

\*Number or time goal.

\*Pass/set and follow.

\*Ball hits the ground or you use a different skill, start over.

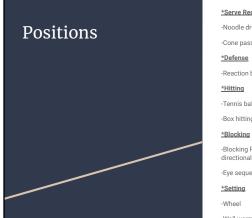
\*Great drill for communication and focus.











#### \*Serve Receive

-Noodle drill (hands move first)

-Cone passing (watch into platform)

-Reaction balls off the wall (individual & group)

-Tennis balls series

-Box hitting and/or attack school

-Blocking Reps (straight on, to the left, to the right, overpass directional block, overpass hit)

-Eye sequencing

-Wall warm-up (quick, high-low, clocks)

# Serving

#### \*In, deep, low, short, in "Pressure Serve"

-1min each round

-Set a goal - x amount of misses each round

#### \*Team Area Serve

-1:30 min, +15 in areas 1,5, short, serve & chase.

#### \*Runs of Three

-1:30-5 min how many runs of three can you get in.

-80%, 90%, Ace serve mentality.



#### \*COMBAT

-Serving & Receiving teams

-Serving team tries to win three rallies in a row. Same server.

-Receiving side wants to win the rally. If they win the rally, they receive free balls (1st serve = 3 free balls, 2nd serve = 2 free balls, 3rd serve = 1 free ball, no wins = no free balls).

-Only receiving team can score off of earned free balls.

-Trade sides after free balls or after 3 serves were lost by receiving team, stay in same rotation for 6 balls, then rotate.

#### \*5 Ball Drill

-Serve, receive, free ball, OOS ball, your choice.

-Win 3/5 balls = 1 point.

## 6 v 6 Drills

#### \*D-League

-Each side is on defense for 3-5 min. -Offensive side gets freeball for 3-5 min.

-Only score while on defense.

+1dig, +1 touch block, +3 stuff block, +1 hustle play, +1 win rally

#### \*Wheel of Fortune

-Alternate FB or DB

-Each rally is a little point

-First team to 4 points chooses either to serve or receive

-Winner of served ball keeps points (little points become big points), loser goes back to 0

-Stay in same rotation until a team gets to 8 big points

