

# Gallatin Raptor Volleyball Favorite Practice Drills

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## 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

## 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.

## 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.

## Team Pass



## Team Set



## Positions

### \*Serve Receive

- Noodle drill (hands move first)
- Cone passing (watch into platform)

### \*Defense

- Reaction balls off the wall (individual & group)

### \*Hitting

- Tennis balls series
- Box hitting and/or attack school

### \*Blocking

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

### \*Setting

- Wheel
- 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.

## 6 v 6 Drills

### \*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.
- +1 dig, +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

## Contact Info

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