

FAVORITE PRACTICE DRILLS

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Gallatin Raptor Volleyball**

Warm-Up Drills

*USC

For count (10/20 each) or time (30sec - 1min)

Side-to-side 10', then at 20' (wait to move until toss, should be about three shuffle steps) partner passing and setting

Under net run throughs (groups of 3, tossers at opposite 20' tossing to 10' line, passer moves 10' to opposite 10')

Monkey-in-the-middle (groups of 3, tossers at endline and net each tossing 20' away, passer always passes the deep ball).

*Columbus

-5 v 5 cooperative drill (3 backrow, 1 setter, 1 OH), set goals, 10 pass/set, 7 DB, 5 Jumping

-After you hit on the outside rotate under the net to the other side

-Enter the drill in Right Back

-Every time the ball goes over rotate

-(1 to 6, 6 to 5, 5 to OH, OH under the net to the other side), setters stay

Warm-Up Drills

*9 person pepper

-3 groups of 3) One person in each group is the designated setter. One group of 3 plays back row on one side, one group of 3 plays back row on the other side, one group of 3 rotates under the net so is playing front court for both sides of the net. Back row passes to front row. Setter sets from position 3 to either groupmate (in 2 and 4) who pass/set/hit the ball over. Then all 3 front row players switch under the net. Repeat until X in a row freeball/downball/controlled swings. Then alternate to a new group of 3. Repeat until all groups of 3 have been the front row group.

*Corridors (Split court in 2, same length, smaller width)

- 3 person pepper, setter goes under net, everyone is the setter for 1:30 sec, keep track of runs.
- 3 v 3 corridors
 - Cooperative, with goals pass/set only 10, 7 DB, 5 Jump, 5min to reach goals
 - Every time the ball goes over, rotate on your side

Serving

***Team Pressure Serve**

-Everyone serves one ball, serve and chase, one person misses, they all start over.

***1min Focus Serve** (after drill) serve to one area - how many?

***3 in a row in one area** (1min)- how many?

***3-2-1** (5min)

-3 in a row their choice, 2 (1 deep, 1 short), 1 (ace)

-How many can they get?

Butterfly Variation

*Line/Cross Butterfly

- Groups of 3-4, passer, tosser(server), bowler
- Toss over to passer, and then bowl a ball under net to the passer (passer will pass 2 balls)
- Do line-to-line and cross

Next make more live

- Two in serve receive, one server, one target - serve line to line and then cross

Positions

*10 min each day to warm-up and focus on the basics.

***Serve Receive**

- Serve Rec. Reps x 5-10
- Groups of 3, passer, server, target
- Can overhand toss or serve from 20'

***Hitters**

- UM short court to use block
- Music with steps
- Toss to self specific shots

***Setters**

- Set on net with color sets net sleeve

***Blocking**

- Shoulder Stability
- Hula Hoop Blocking

6 v 6 Drills

*Blue Lip

-6 v 6, 10 free balls each side, play out, whoever wins the most out of their 10 FB wins.

*Progression

-Two teams, start 2 v 2, coach initiated balls/winner gets the ball, backrow attacks only, no tips in front of the 10 ft line until 5 players.

-Once one team gets to 10 points, add in another player (3).

-Continue to add players per 10 points scored.

-Once at 4 players, the 4th is a setter that stays in right front.

-At 30 points add in an OH.

-At 40 points add in a M.

-Play game to 50 points or shorten with less points per round.

6 v 6 Drills

***Ladder**

-6 v 6, the score is 19-19, 21-21, 23-23

-Play two rounds of each score, one serving to start, one receiving

***3 out of 5**

-6 v 6

-Win 3 out of 5 serve receive balls and get 1 minute of freeballs.

-You can only score on freeballs. Play to 15.

Drills with Smaller Numbers

*Hitter vs. Hitter

5v5 (no middles) or 6v6. Setter only sets one player on their side.

Pins: 2-ball wash (free-ball to both sides). Same side needs to win both in order to get a big point. First to 5 big points.
Middles: Alternate free-balls, each ball is a potential point. Points for kills or stuff blocks. +2 for transition kill (if ball is dug but not in a place for the middle to hit, players should free ball to other side).

*Hitter vs. World

Hitter vs. World: 3 or 4 vs. 6. 6 defenders on one side. One pin, 1 setter, 1 - 2 passers (or other pins) on opposite side. Side of 6 serves to hitters side (hitter or passers). Hitter can hit from anywhere. If ball is dug, should be immediately free-balled back to hitters side. Setter must set the same (only) hitter everytime. Play ends with a kill or error only. +1 for a kill, -1 for an error, play to +5, -5 or 5 min. time limit.

*Dig to Kill

3v3 (back row only), 4v4 (front row setter), or 5v5 (front row setter plus a middle). Play begins with a free ball to either side. 3v3 or 4v4 is all back-row; 5v5 can set middle or back-row. Only way to score a point is to get a dig and a transition kill. If a team sends a free ball over, the receiving team should send the free ball right back as you cannot score off a free ball. Similarly, if a ball is killed without a dig prior, the freeball is sent to the losing side (so winning side gets the opportunity to dig first). First to 5 or 7.

Questions/Follow Up

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