

# **2025 Montana Coaches Association Clinic**

## **Favorite Wash/Scramble Drills**

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### **Mix-It-Up!**

This is a great drill that keeps the players thinking and communicating, and it gets us running a faster offense with combo plays in transition. It also forces the team to run sets/plays they may not be as comfortable with yet. As you get further along in the drill, it becomes a defensive drill, because teams learn to defend sets that haven't been checked off the list yet.

1. Write 5-10 play sets on the white board -- e.g., an outside set, a middle set, a right-side set, a slide, a back row set, 31, 32, combo plays, etc. Put six players on each side of the court.
2. Each team has to score on every set. The winner is the team that checks off all the sets first.
3. Initiate each rally with a down ball or free ball, then let the teams play it out.
4. The setters have to think about which plays have already been scored on so they can run different plays.

### **High 5 – Hitter vs Defense**

This is a grind for hitters and is a variation of hitter vs. hitter.

1. Set up on one side with a hitter and a setter vs 6 players.
2. Start a timer to make it a competitive drill between hitters.
3. A Coach initiates with a downball to the hitter who must dig the ball, transition and hit.
4. If the hitter gets a kill, they get 20 seconds before the coach initiates another ball. If the team of 6 digs the ball, another downball is immediately initiated to the hitter.
5. Goal is to get to 5 kills.
6. A variation could include a -1 score on hitting errors.

### **3-in-a-Row**

We talk a lot about momentum and the importance of stopping our competition from getting on a run. Set up this drill 6 v 6.

1. The drill starts with a joust. Winning team gets the first free ball.

- Free balls will continue to be initiated to the winning team. The goal is for a team to win 3 free ball rallies in a row.
- When a team wins 3-in-a-row, they have the opportunity to earn BIG points through serving. Score is 23-23, and the serving team must win 2 rallies in a row to earn a BIG point. If receiving team wins on serve, then free balls start and 3-in-a-row restarts.
- Play to 6 (or whatever time allows).

## 50% Drill

This is a favorite drill in our gym. Everyone plays every position, and each side rotates every dead ball. It's a great drill for hitters to work on creative, smart shots and defense learns to read better and play off-speed balls. In the initial part of this game, hitters must hit the ball at a 50% level. Typically, rallies are long, and players get lots of touches.

- Set up 6v6, score is 12-12
- Free balls are initiated from the end-line by coaches. Alternate the receiving team.
- When a team gets to 15, both sides can get to a "normal" rotation in positions, whatever rotation they want to play. The winning team serves, and if they win the serve rally, they get a BIG point. During the serve rally, hitters are back to 100% swinging.
- Play to 6 BIG points (or whatever time allows).

## OWD (Offense, Wash, Defense)

This is a drill we regularly run in our gym; often, we will have one team as Offense on one day and then Defense on the next day. We work our rotations in this drill, and it allows us to analyze successful or underperforming rotations. It also allows me to change line-ups and compare scores (over time) to figure out what works best in specific rotations.

- Set up 6v6, Serving team is Defense and Receiving team is Offense
- Defense serves 10 balls (same server). After each serve plays out, receiving team (Offense) gets a free ball.
- Using a whiteboard, make a chart:
  - Defense wins both serve & freeball – D=+1
  - Offense wins both serve & freeball – O=+1
  - Defense wins 1/Offense wins 1 – W=+1

Rotation	O	W	D
1	I	III	III I
2			
3			
4			
5			
6			

- Shows strong & weak rotations
- Goal for varsity is to win (both balls) 7 out of 10 in each rotation vs JV
- I often track if a team is ailed by circling the tally mark to show weaker serve receive rotations, and I re-run a rotation with a different serve receive formation or a different line-up to give opportunities to other athletes. I'll track score in a different color.

## Baseball

I really like this drill, because it gives teams a lot of reps in free-ball offense execution. A few variations I like particularly are 1) teams can only score “runs” on out of system/back-row hits, 2) teams can only score on 2-3 sets we need to improve, or 3) teams can only score on combination plays to encourage a faster offense with combo routes.

1. Set up 6v6. Server is the “pitcher” and serving team is in the outfield.
2. Receiving team must win the rally off of the serve to get the opportunity to score runs off of free balls from coaches.
3. Coaches continue to initiate freeballs to the hitting team as long as they keep winning.
4. If the outfield team wins, that’s an out and they serve (or pitch) again until there are 3 outs.
5. After 3 outs, the serving team switches. Play for 6 innings for each rotation.
6. Make a table and keep score for each rotation to see strong/weak rotations. Again, I often circle the tally mark if a team is aced.

## Back-Court Exchange

This is an athlete-favorite drill in our gym. Only backrow attacks are allowed, which improves arm-swings as athletes learn to reach. It also encourages corner placement while increasing hitter confidence in swinging out of system. Exchange Drill-Winning team stays.

1. Two variations:  
3v3 – promotes out of system backrow attacks  
4v4 – have setters stay with 3 backrow players
2. Girls are lined up in 3 lines on sideline (or behind on both endlines if lots of players).
3. Coach initiates with alternating downballs. Fast-paced.
4. Can only hit backrow attacks.
5. Play to 10. Scoring can be as a team or individual.

## Basic Wash Drill

This is a basic wash drill that includes a Serve, Free Ball, Down Ball & Out of System Ball.

1. Both teams take turns and serve receive, get a free ball, get a down ball, and get an out-of-system ball where their first contact is actually contact #2.
2. The team who wins the most out of 4 balls on their turn to receive balls gets a BIG point. A tie=wash.
3. After each BIG point, both teams rotate.
4. Winner can be the team who has the most points by the time they get back to the first rotation, or you can play to 10 (or whatever time allows).

## Reverse Wash Drill

This 6 v 6 reverse wash drill flips around the order of normal wash drills to free ball, free ball serve. This adds pressure on the serve and makes it have game-like importance

1. A coach bounces a ball to one team and they send a free ball over the net. The point of this is for players to learn how to send tough free balls!
2. The rally is played out, and then the other side receives a free ball to send.
3. The team that sent the first freeball gets to serve. If a team won both free balls, they can earn two points for winning all 3. If the teams split the free balls, the team who wins the serve rally gets 1 point.
4. Rotate after each set of 3 rallies, play to 10, 15, or 20 BIG points.

## Queens Court Variation

1. Form 3-person teams with the players.
2. Two teams of players line up on each side of the court, one in the front row and one in the back row. The rest of the teams wait to rotate in.
3. The non-Queen side serves a ball. A second freeball is fed to the receiving team, and then a third ball is fed to the serving team.
4. If the queen's side wins all three balls, they earn two points and stay on the queen's side. If they win two out of three balls, they earn one point and remain on the queen's side. Any other scenario and the backrow team of 3 is kicked off the queen's court, and the other teams wave through to create new 6v6 teams.
5. Keep rotating through the drill, creating new teams of 6 players as you move through the drill.
6. Each team of 3 keeps track of their score. Can only score points on the Queen side.

## Out-of-System Double Take Drill

Our goal at Billings Central is to swing at as many balls as possible, and we spend a significant amount of time practicing out-of-system balls, both set to the front and back rows. This also helps teams practice defense in out-of-system scenarios. Set up in a 6v6 formation.

1. A coach initiates the first ball by hitting it at a player who digs and then also sets the second ball. Two touches in a row by the same player makes for a challenging setting and attacking opportunity and some good training for out-of-system play.
2. Play out the rally following the same double take format, so all hits are out of system.
3. Play similar to a scramble by initiating 7 balls. The first ball is spread around to different positions so that everyone can get comfortable and proficient at setting an out of system ball.
4. The team that wins 4+ of the 7 gets a BIG point.
5. Rotate after each BIG point. Play to 10 points (or whatever time allows).