

# Mentally Tough Drills- Aubrey Beaumont

## Rocky Mountain College

### Four Person Pepper:

- Two people on each side of net
- Complete ALL the Series- can be broken down or timed or lowered(many variations)
- stay for 10 balls over the net, then switch and stay for 10, & switch every time for 10
- After the ball crosses the net, passer touches the end line, and setter turns to a blocking position(does not block)
- If the ball drops they start over in the section of the series
- If the ball is out of control they can do whatever to keep it going but it does not count as a ball that rallies

First Series (passer touching the endline after every time the ball crosses the net)

- pass - pass - pass, for 10 rallies then switch the setter and passers
- pass - pass - pass, for 10 rallies with the switched setter and passer
- pass - pass - pass, for 10 rallies with the setter and passer switching every time the ball goes to the other side of the net, making sure to touch the end line

Second Series (passer touching the endline after every time the ball crosses the net)

- set - set - set, for 10 rallies then switch the setter and passers
- set - set - set, for 10 rallies with the switched setter and passer
- set - set - set, for 10 rallies with the setter and passer switching every time the ball goes to the other side of the net, making sure to touch the end line

Third Series (only series where there is no running)

- pass - set - tip, for 10 rallies then switch the setter and passers
- pass - set - tip, for 10 rallies with the switched setter and passer
- pass - set - tip, for 10 rallies with the setter and passer switching every time the ball goes to the other side of the net

Fourth Series (passer touching the endline after every time the ball crosses the net)

- pass - set - down ball, for 7 rallies then switch the setter and passers
- pass - set - down ball, for 7 rallies with the switched setter and passer
- pass - set - down ball, for 7 rallies with the setter and passer switching every time the ball goes to the other side of the net

### Thoughts:

- Can you figure out how to keep it going/wash a rally?
- What is your mindset as fatigue sets in?
- How are you communicating with your teammates?

### Break the Tie:

- Score starts 25-25 or a tied score,
- Alternate, receive a ball and serve a ball.
- Have to win both balls to win a point.

### Thoughts:

- Can you get two points in a row for the win?
- How are you serving? Going for the ace, put it in play, or miss?
- How does your team respond to moving on after the first point to get the second?

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### Hitter vs 6:

- 1 setter and hitter vs a side of 6
- Hitter has to get a kill in order to get a 5 second break (Goal: 5 kills, vary based on level)
- Anything that is not a kill is- next ball comes immediately(toss to hitter, hitter passes to setter or toss to setter, based on level)
- Defense has to catch the 2nd ball for it to not be a kill
- Drill is over after the goal is reached or a set time(5 kills or 3 minutes)

#### Thoughts:

- Can you figure out how to get kills when everyone knows you're getting the ball?
- What is your mindset as fatigue sets in?

### Hitters vs. Defense:

- Hitting lines on one side, defense on the other.
- Two Versions-
- Hitters are trying to get to 5 before the defense gets to 3. Defense only gets a point for a ball that's blocked or played up, hitting the ball over and in. It's a wash if the ball is controlled up but is not hit over the net and in.
  - OR
- Hitters, setters, and tossers are all active(offensive option).
- Defense goes until they stop the offense 5 times(or can be a timed drill, 1-2 min rounds)
- Balls come fast as soon as the ball is dead another one is coming

### Play to Win:

- 21-16 starting side (or one side) starts down.
- Play to win the game
- 4 rounds you win you get +number of points you got. (Ex. Game finishes 25-17. Team 21 gets +4 and team 16 gets +1. The team that has more + points at the end of 4 rounds wins).

### Anything to kill:

- Use as many contacts as possible. Get it set up good! Get the ball up get it controlled, right to the setter, get a set right to the perfect height to swing!
- Anything except carry's go.
- Must attack ball. Otherwise it is a wash.
- Can only score on kill. Game to 5! Or 15! Depending on the level

### Bonus: Pressure games, normal games. CAN BE DONE WITH MOST GAMES!!!

- Once a team gets to 20 or so(Identified point)
- If the team makes an unforced error(off the block is not an error, missed digs are not an error, unless there is no effort):
- **OPTION 1:** it's a down and back then right back to the play. If a team gets two unforced errors, that's an automatic game over. **OR OPTION 2:** Pressure can also mean a team that makes an unforced error after 20 goes back down to 20 points.