

PARTNER AND TEAM WARM-UP DRILLS

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Partner/Trio Drills

Passing Reps - 5-10 of each of the following – normal = toss, hard = downball

- Right shuffle
- Left shuffle
- Deep Right dropstep shuffle
- Deep Left dropstep shuffle
- Run Throughs - from endline, toss in front of 10' line

USC - (30sec - 1min each partner)

- Side-to-side 12', then at 20' (wait to move until toss, should be 2-3 shuffle steps) partner passing and setting
- Long-short (20' and 12')
- Under net run throughs (groups of 3, tossers at opposite 20' tossing to 10' line, passer moves 10' to opposite 10' under net)
- Monkey-in-the-middle (groups of 3, tossers at endline and net each tossing 20' away, passer always passes the deep ball).

Sensei Passing - (Do for 30sec-1min each or an overall time of 5min)

Eye tracking - pass to yourself, look at your partner, then pass to your partner

Same with setting, Set to self look to Rt/Lft then set to partner, pass to self/look/set to partner, etc. Can call:

- “around” (player at nets runs around partner who passes/sets to themselves twice before passing/setting back to partner)
- “under” (player at nets dives through partners legs while partner passes/sets to themselves twice before passing/setting back to partner)
- “Switch” (partners switch who is at net while ball stays in the air)
- “Meet a new friend” (find a new partner while ball stays in the air)

Shuttle Pass and Set

Groups of 3-4, go to a certain number in a row (20-40), always run to your right

Triangle Passing (Groups of 4-5)

Players in 2, 4, and 6 (line in 6). Pass to the right (6 → 2 → 4 → 6) and follow your ball. Three variations: antennae height passing, setting. Switch and pass left (6 → 4 → 2 → 6) and follow the ball. For time (1 minute/90 seconds each variation).

Western - (Certain number or time, ½ and full version)

Partners, pass back and forth, pass to self pass to partner, pass to self set to partner, set back and forth, set to self set to partner, pass to self set to self tip to partner, pass to self set to self downball to partner, and then pepper. If doing full drill then move onto the net with other groups and do over the net.

3 Person Pepper - (30-45sec for each person setting)

Groups of three, one partner on each side of the net, the third partner is the setter and goes under the net to set to each of the other two partners. Normal pepper, pass, set, downball over the net. Keep track of how many in a row they can get.

Corridors - (5-7 minutes)

Split the net in half with an antenna, 3 v 3 or 4 v 4 on the smaller court, cooperative to start; 10 pass, set, pass - 10 pass, set, tip - 8 pass, set, downball - 7 pass, set, swing. Every time the ball goes over the net, players rotate on their side, if it is not the sequence but goes over players stay, it's a wash, and they keep going from the number they are on. If they get through all four cooperative requirements, they can pop in a serve and play until the time is done.

Team Warm-Up Drills

Columbus - (5-7minutes, set goals for each sequence example 10,9,8,7)

5 v 5 cooperative drill (pass-set-pass, pass-set-tip, pass-set-downball, pass-set-swing), setter stays, OH, and three in the backrow. Rotate every time the ball goes over the net (1-6-5-OH-other side of the net rotating into 1 on the other side). Only counts towards the goal if the sequence is achieved, if not but goes over, it's a wash and the girls don't rotate.

Deep Court - (5minutes, set goals for each sequence example 10,9,8)

4 v 4 cooperative drill (pass-set-pass, pass-set-downball, pass-set-backrow attack), setter stays, three players in the backrow. Rotate out after you send the ball over. Only counts towards the goal if the sequence is achieved, if not but goes over, it's a wash and the girls don't rotate.

12 Person Pepper - 3-2-1 - (5-7minutes, set goal example 10-15 for front row, back row)

6 v 6 cooperative drill (pass-set-pass, pass-set-tip, pass-set-downball, pass-set-swing). Everyone rotates the traditional way, everyone sets. In the first round, whoever is in right front (area 2) is the setter, when the ball goes over everyone rotates. Rotate into area 6 if there are extras. After the front row setter goal is met, move the setter back row to set out of area 1. Once that goal is met, pick the front row or back row setter and go into 3-2-1. Three touches on one side, two touches on the other side, send over, one touch on the original side. Set a goal.

6 v 5 - 8 before 6 (Do for 10 minutes)

One side has 6 players and the other side has 5 players (no middle). The side with 5 players gets freeballs and their goal is to score 6 points before the side with 6 players scores 8 points. Puts an emphasis on first ball kill on the outside on the 5 player side, and utilizing your middle on the six player side out of transition.