

Favorite Drills

Bleile

- Warm-up drills
 - **At the net drill**- need a partner and a ball
 - Pass over the net
 - Pass under the net
 - Over-under (switch)
 - Pass into the net and over
 - Pass into the net and under
 - **Don't drop the baby**- need groups of three, two "babies", and a ball
 - Playing 3 on 3
 - Each team has two balls (babies)
 - Coach initiates play with a toss
 - Teams have to get three contacts and send it over
 - In order to pass the ball to a teammate they must toss their baby to the teammate without a baby.
 - The team that drops a baby or doesn't get the ball over the net is out and a new team comes on.
 - **Diamond 4's**- needs teams of 4+
 - Playing 4 on 4
 - Everytime a team sends it over the net, they rotate.
 - Rotate into middle back
 - Everyone plays all four positions
 - Can start as back row hits only
 - Could be cooperative or competitive
 - Then move into full attacks
 - No tipping inside the 10-foot line

- Defensive drills

- **Descending-** Need groups of 3 plus a target
 - Start in middle back
 - First person in line lies down on their stomach
 - Coach slaps the ball and the player lying down gets up and plays the ball from a coach toss.
 - As soon as the player gets up, the next player in line lays down.
 - The ball must be up to target to count.
 - As the drill progresses, the balls get lower and lower (I make the last two pretty difficult)
 - The goal is 12 up to target
 - If someone doesn't go for a ball, they start back at 0.
- **Pursuit-** Need groups of 3-4 plus a target
 - Coach will hit from any front row spot on the court. I usually start with middle, and as the season progresses, I will adjust for opponents we will face that week.
 - Middle front (3 defenders + target)
 - Pins (4 defenders + target)
 - Coach hits/tips balls at the defenders
 - They have three chances to get it up to target
 - Goal is 15 to target
 - If a ball goes over the net, the defenders crash the net to dig a ball out of the net.
 - If a ball gets shanked, a defender needs to make maximum effort to go get the next ball, or they start over at 0.
 - If a ball hits the floor with no one going for it, they start over at 0.
- **Blind blocking-** Need groups of 3-4

- Start with a tosser on the 10-foot line, a blocker on the same side as the tosser, and 1-2 hitters on the other side of the net.
- Drill starts with the tosser tossing the ball over the net to the hitters.
- The hitter will do their approach and hit the ball.
- The blocker needs to focus on the hitter and block them.
- Goal is 3-5 blocks
 - Coach decides what type of blocks (stuff or soft)
- Team drills
 - 7-21- Need 12+ players
 - On one side of the net, you need 2-3 hitters, depending on if setter is front row or back row, a setter, and a passer.
 - This side of the net is working on offense.
 - Setters are working on finding hot hitters and weaknesses in the other side's defense.
 - They need two half points to get a whole point.
 - Half points need to be in a row. So if they get $\frac{1}{2}$ and don't win the next one, they go back to 0. If they're at $4\frac{1}{2}$, they would go back to 4
 - They need to get to 7
 - The other side of the net is playing with 6 players who will rotate every three points, and a line of players waiting to rotate into 1.
 - Everyone rotates to every position.
 - They get points for stuff blocks, digs, an overhead set, and a hit. A max of 3 points in a rally

- No points for a dig over the net.
 - No points for a dig, set, and a hit in the net or out of bounds.
 - Only 1 point for a dig, bump, and hit.
 - They need to get to 21 points.
 - Since everyone rotates, they should strategize where people are at on the court and the order they rotate in.
 - Loser has some kind of punishment
 - At the beginning of the year, I throw players into different positions with different groups of people
 - As the year progresses, I do this in rotation (hitter's side)
- **Alabama-** Need 12 players (can be equal teams or jv vs varsity)
 - 6 on 6
 - The drill is timed for 2 minutes, with one side scoring as many points as possible.
 - The drill starts with one team serving, and the clock starts as soon as they serve their first ball.
 - They serve until they win twice.
 - Once they have won twice, they get fed free balls until the timer ends. The amount of points they score on those free balls is how many points they keep.
 - Each team rotates and now the other team gets 2 minutes to score.
 - We play to 25 if we have time. If not, we will end on a round where teams have had equal chances to score.
 - Players love this drill and it is a great conditioning drill as well.

- Serve receive
 - **5-3-5-3-5-** Need 3 passers, a target, and 3+ servers.
 - Passers have 40 balls to serve receive.
 - Adjust number of balls to your team's capability. It should be tough, but not impossible.
 - They need to get 5 to target (not in a row), then 3 in a row to target, then 5 (not in a row), then 3 in a row, then 5 (not in a row).
 - Passing groups can be random or in rotation.
 - You decide if you want to allow short serves. On my team, front-row takes short serves, so I don't allow them for this drill.
 - **10 before 4-** Need 3 passers, a target and 3+ servers.
 - Passers need to get 10 good passes before the servers get 4 aces.
 - Adjust numbers to your team's capability.
 - If servers miss two in a row, it is a point for the passers.
 - If passers don't get it up to target but can make a second play on the ball, it is a wash.
 - Mixed groups or in rotation.
 - Loser does a down and back.