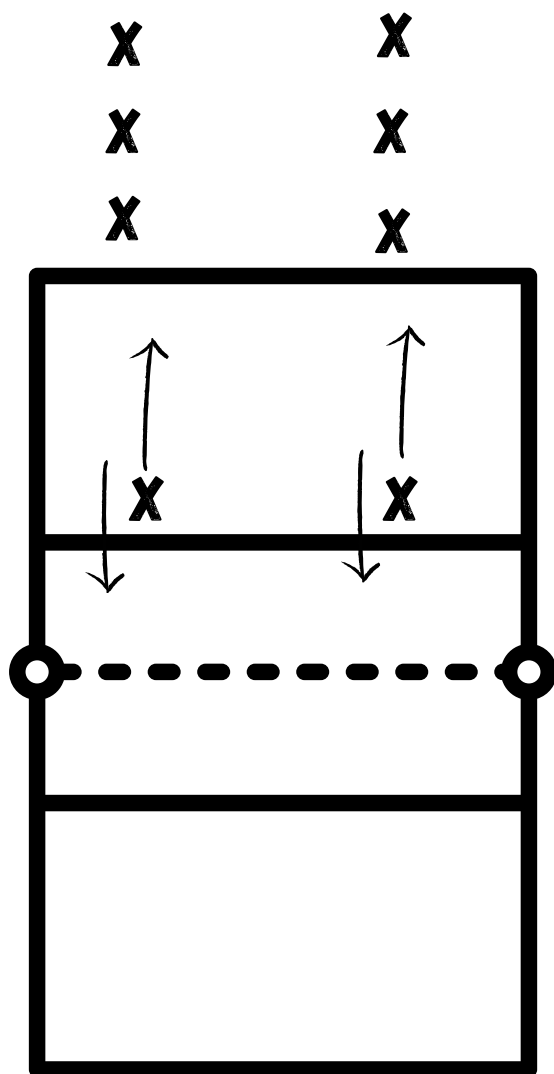


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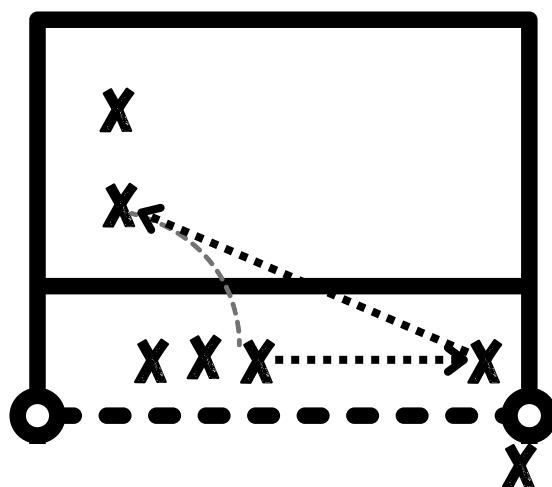
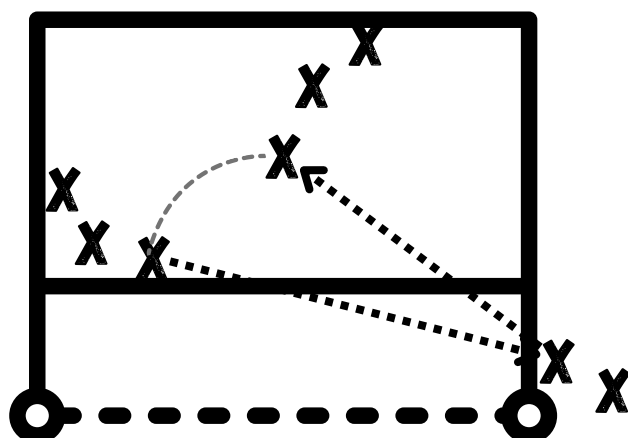
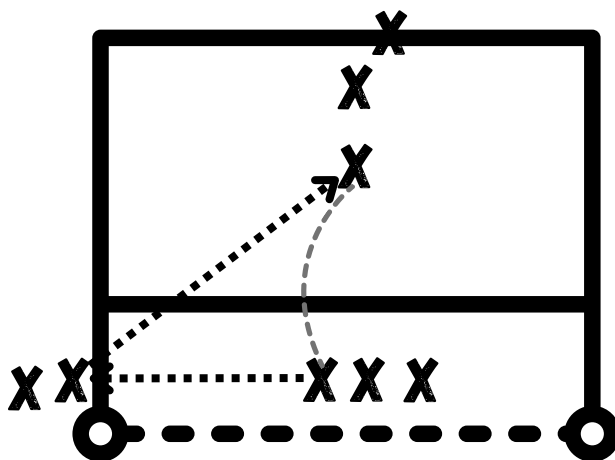
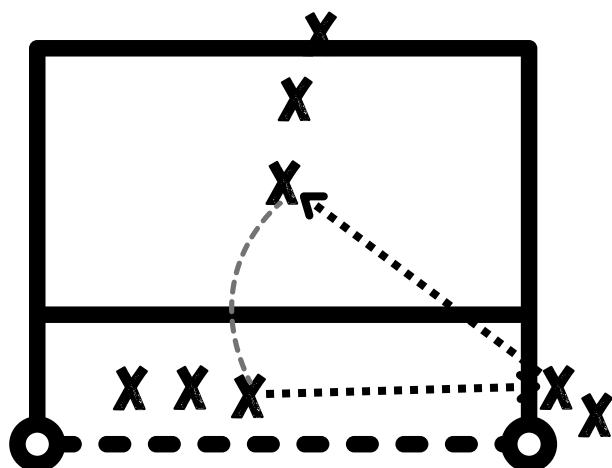
starting position



Drill: *Skills Relay Game*

Split the team up into 2 teams and have those teams make 2 lines. The first person in each line will have a ball. On count, have them do a volleyball skills (underhand, overhand, etc.) as they walk from the endline, down to the net, then back past the endline. If they drop their ball, then they can just pick it up and continue OR make it more difficult and have them start all over again from the endline. Once they cross the endline, then have them hand their ball to the next player. Once everyone has gone down and back, the team wins once the last person crosses the line.

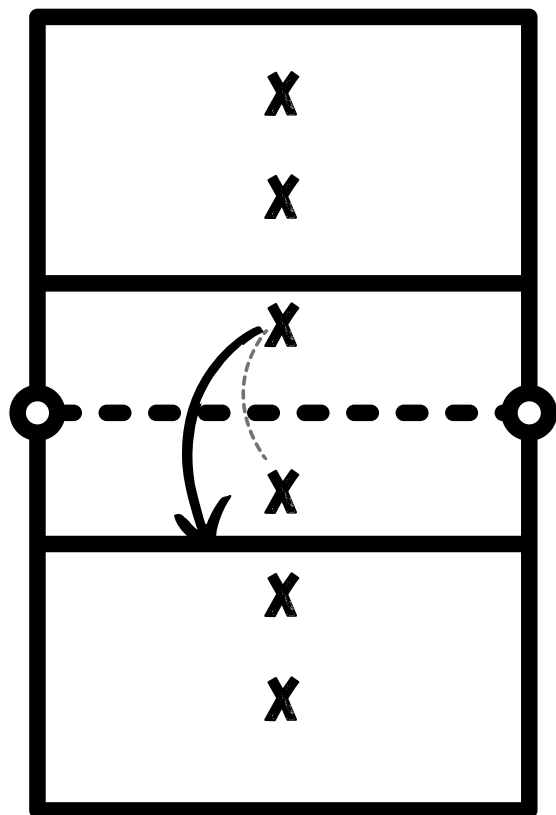
Drill: *Team Triangles*



Notes:

Start with 3 different lines. BR line will always dig, setter line will always set, and pin line will always hit a down ball to the BR player. After you touch the ball in either the BR, setter, or pin position you will follow the ball to the line where you sent the ball

Drill: *Over the net ball control*

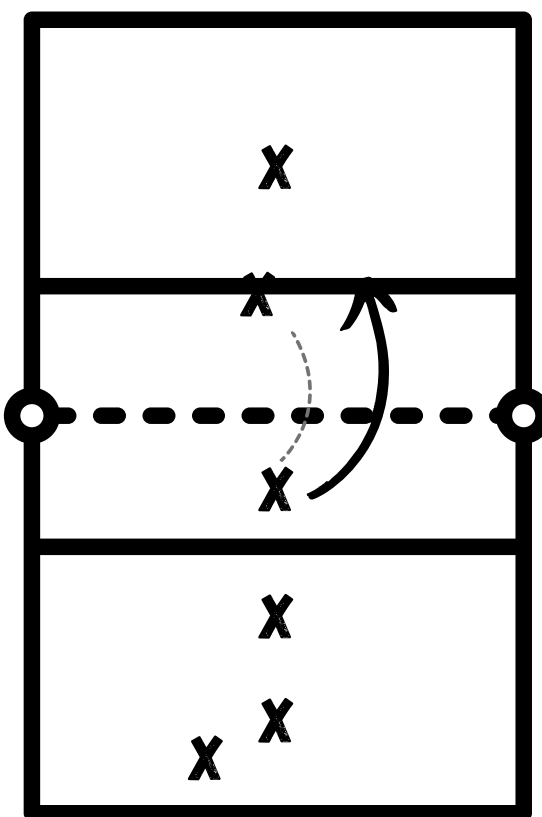


Notes:

*Start with a line of players on both sides of the net. Have one of the players initiate the ball by setting it over the net. After then sent it over, that player will run under the net and go to the end of the other line, while another player sets the ball back over. This continuously back and forth.

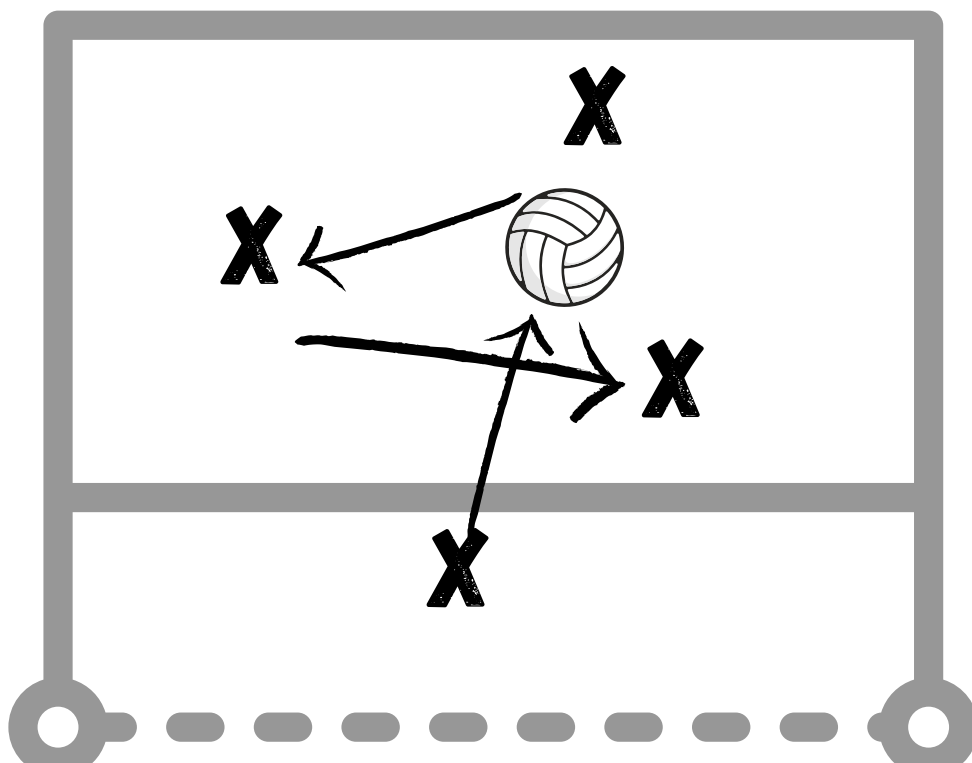
A list of some skills you can try:

- set
- jump set
- underhand pass
- underhand, then set
- underhand, jump set
- underhand, tip
- underhand, downball
- set, backset
- side pass



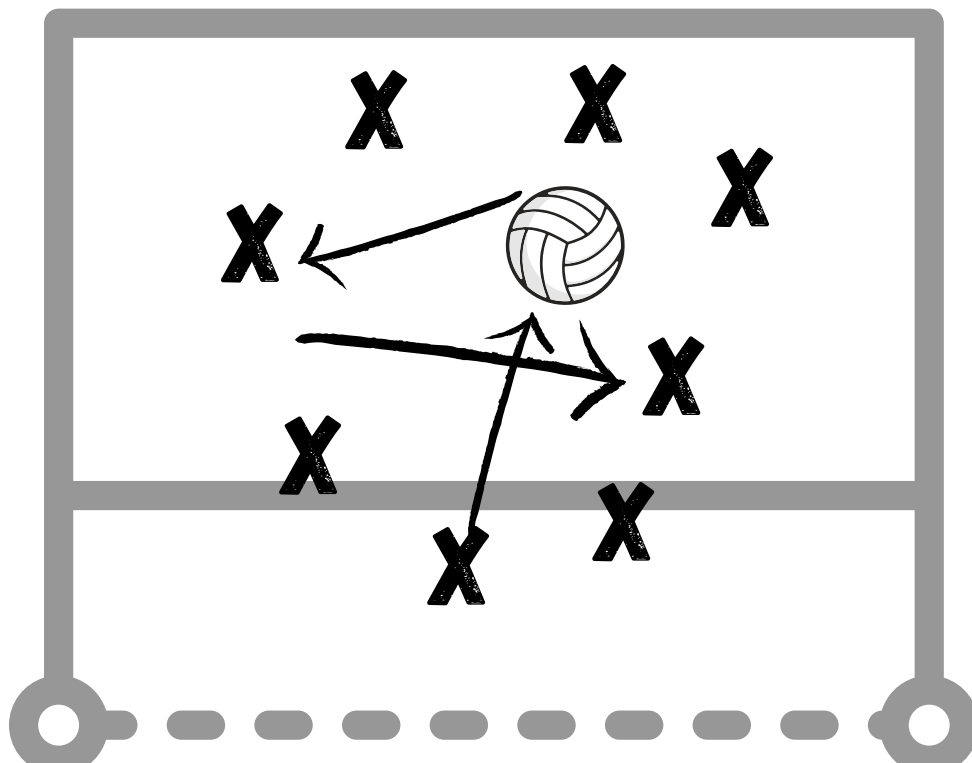
Drill: *Team Pepper drill*

In Team Pepper, groups of four will spread out in a circle with 1 ball. 1 person will initiate the toss to someone randomly in the circle and keep the ball alive using bump-set-hit sequences. It's great for rhythm, control, and communication.



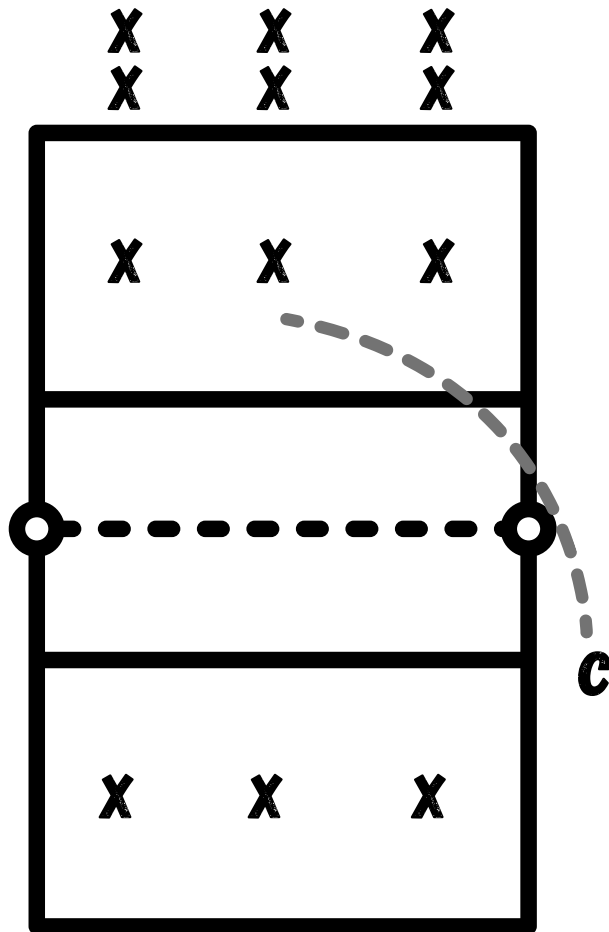
Drill: *Circle Pepper drill*

Players form a large circle with 1 ball. 1 person will initiate and pass to someone else randomly in the circle, then that person will pass as well. They will all work together and keep the ball moving with controlled passes. After about 1 to 2 minutes then move on to overhand passing, and add additional skills depending on the skill level. This keeps everyone engaged and working on ball control at the same time



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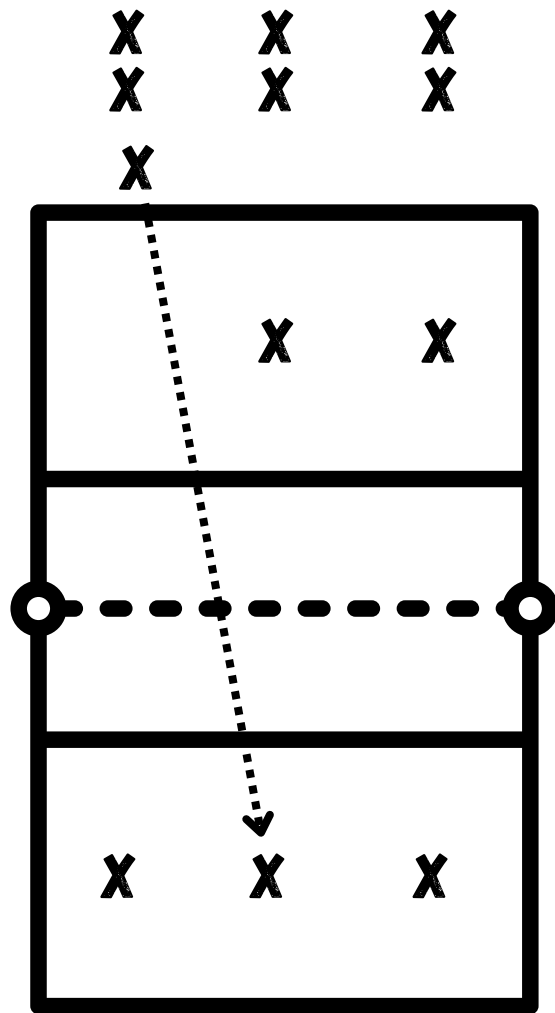
Drill: *Queens of the court*



You will have 3 players on each side of the court, and an additional 3 lines of players in waiting. The coach will initiate the ball to either side of the court. The players of 3 on each side will play it out and the winner will stay on the court on the designated "Queens" side.

Drill: *Queens of the court (with serve)*

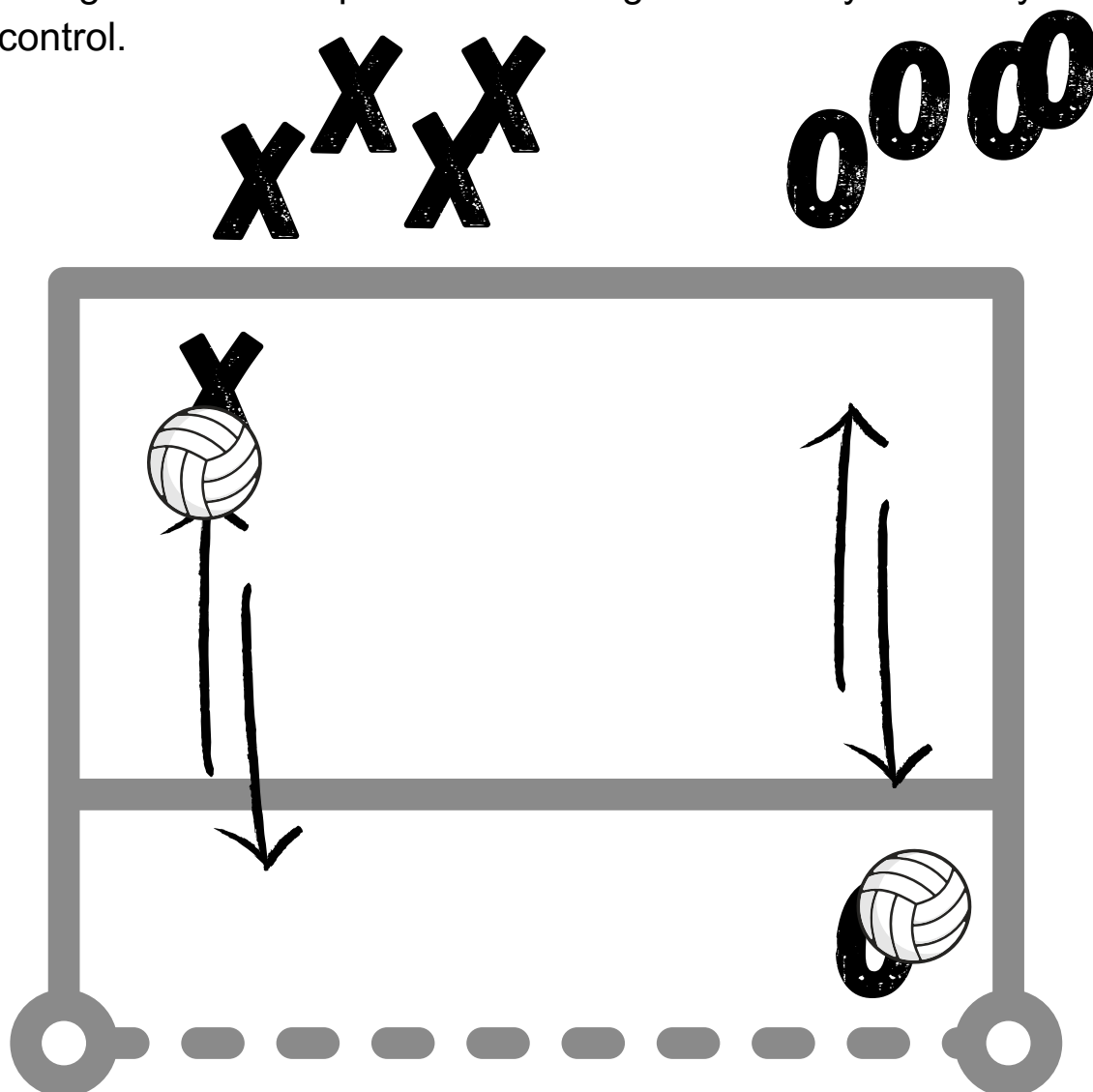
Same as above, except a player will serve the ball over the net. If they miss their serve, then a new person will come in to serve and be a member of the other 2 that are already on the court.



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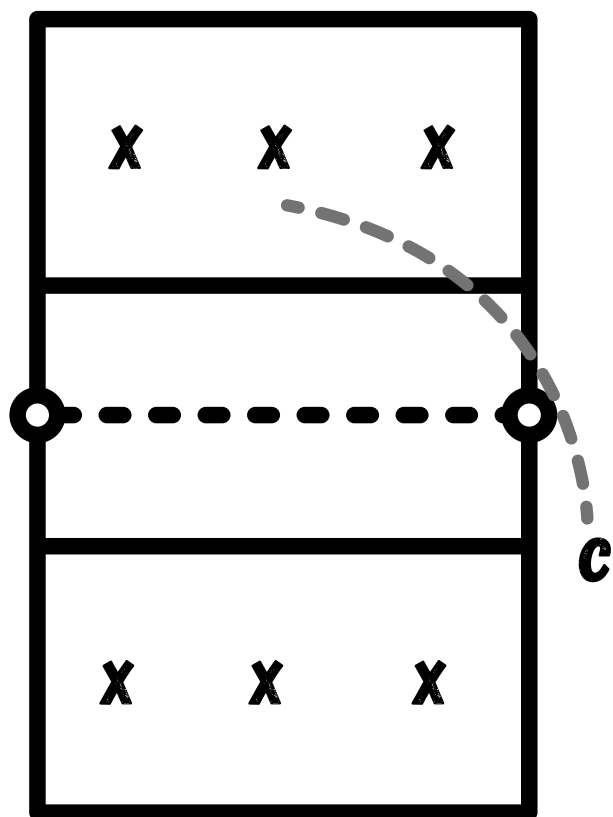
Drill: *Setting Race drill*

Two teams line up facing the net. The first person in each line has a ball. On "Go" each player with the ball, will set the ball to themselves and move forward until they reach the net, then turn around and go back to their line to set it to the next person. Then that person will set with the ball, and the first person will sit down behind the line to indicate that they are done. Have them race and the first team with all players sitting wins. This is perfect for setting consistency and body control.



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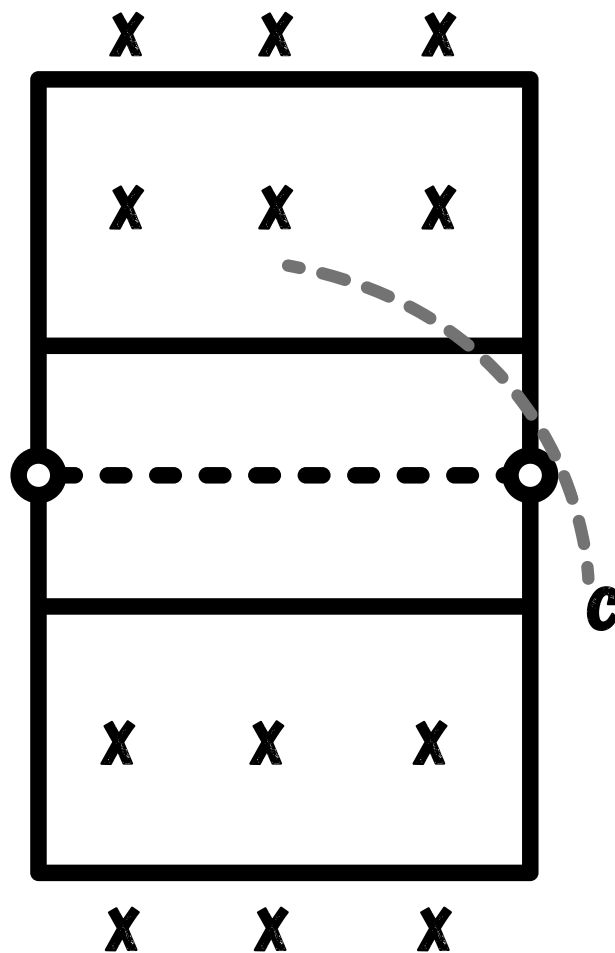
Drill: 3 v 3



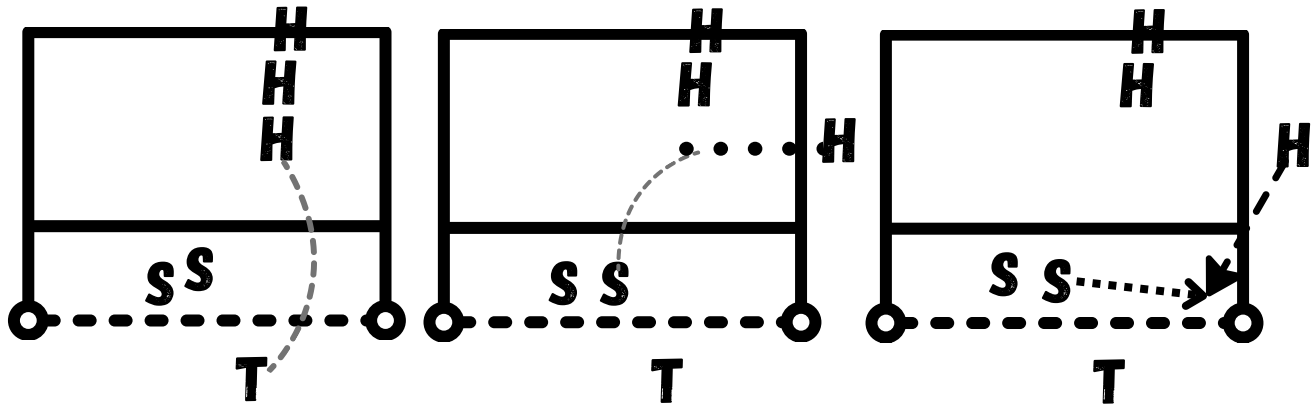
Split into smaller teams and play 3-on-3. It gives everyone more touches, quicker rallies, and better spacing awareness. Have a coach or teammate initiate the ball and both teams will play it out. Set expectations depending on your team as far as if you want a designated setter, or designated hitter, or if they can only hit out of back row, or both to make it more interesting and game like.

3 v 3 Rotate Out

You will have 3 players on each side of the court, and an additional 3 lines of players in waiting. The coach will initiate the ball to either side of the court. The players of 3 on each side will play it out (making sure to go from base to defense) and the winners will stay on the court and the losing side will bring in a brand new 3 players from the endline.

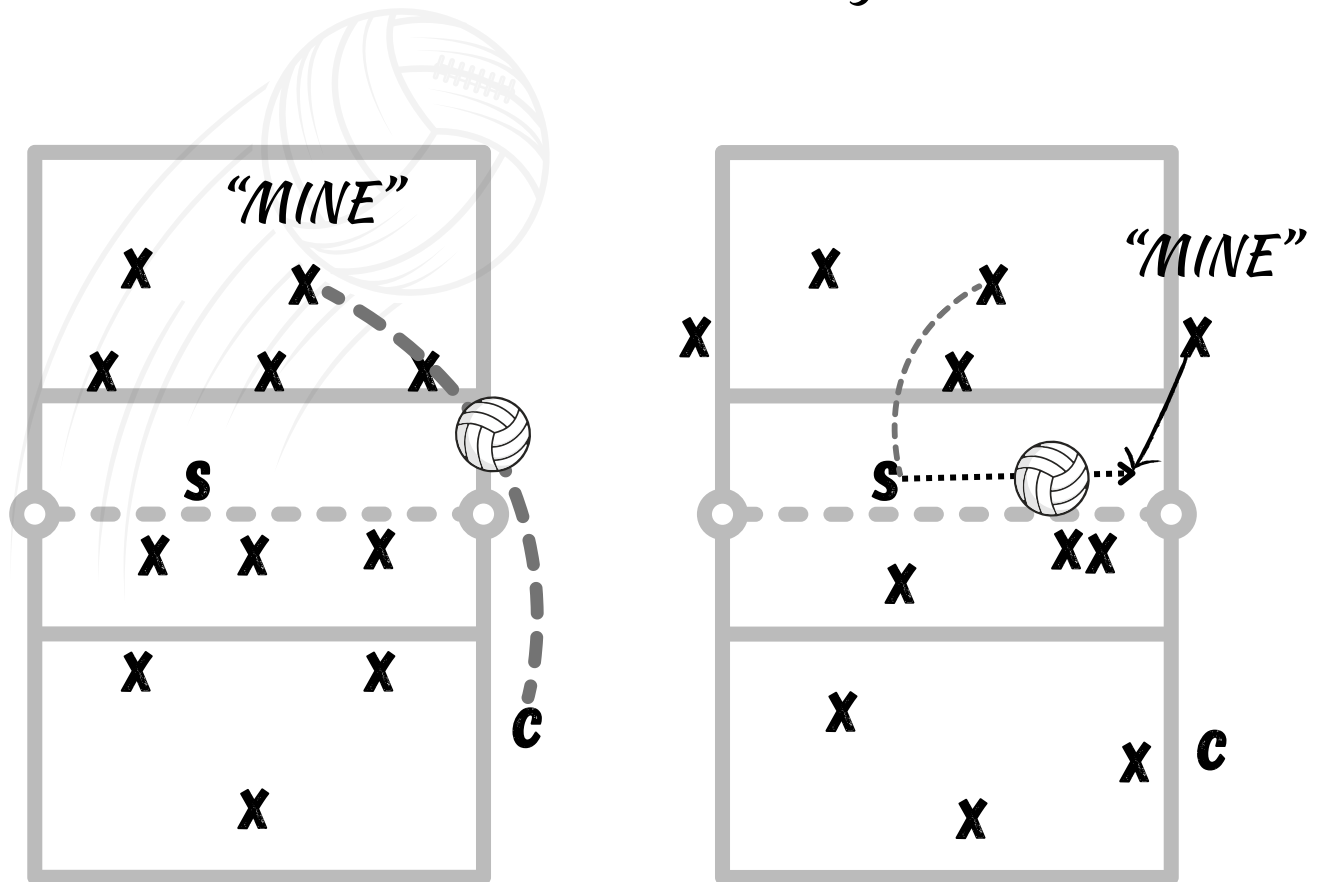


Drill: *Pass to Attack*



Have a line of hitters on the court about 5 feet in, a line of setters at the net, a group of shaggers on the other side of the net, and a coach or tosser on the other side of the net. The coach will initiate the ball to first person in the line of hitters to pass. They will pass the ball to the first person in line of setters. The hitter will transition out to get ready to attack, and the setter will then set them the ball as the hitter works on their approach and takes a full swing. You can have them hit 5 balls then switch, or rotate it through where the hitter becomes a shagger, and the person who shags goes to the line of hitters. You can Rotate positions or move to the other side of the court to make it more interesting.

Drill: *Team Communication Challenge Drill*



Have 6 players on both sides of the net, and have a player or coach initiate a free ball. Play a normal rally — but if players stop talking, the point automatically goes to the other side. It's fun, loud, and reinforces how critical communication is in volleyball. To make it more game-like, you can even start with a serve and play like a normal game but still maintain the same communication rule.