### OLLEYBALL DRILLS

BOOK





### INTRODUCTION

Welcome to the '10 6 vs 6 Volleyball Drills Book,' a comprehensive guide designed to be your go-to resource for crafting dynamic and effective training sessions. Whether you're a seasoned coach looking to fine-tune your own drills or a novice eager to build a foundation, this book offers a diverse collection of volleyball drills organized for easy integration into your coaching arsenal. From fundamental skill development to advanced team strategies, each drill is thoughtfully detailed, providing you with the tools to elevate your players' performance and foster a winning team culture. Let's embark on a journey of skill enhancement and strategic excellence that will shape both you and your team's success on the volleyball court.

### TIPS TO RUNNING VOLLEYBALL DRILLS

- 1. **Clear Communication:** Clearly explain the purpose and goals of each drill to the players.
- 2. **Demonstration:** Provide visual demonstrations of drills to ensure players understand expectations.
- 3. **Proper Warm-Up:** Start with a thorough warm-up to prepare players physically and mentally for the drills.
- 4. **Adaptability:** Be flexible and ready to modify drills based on the skill level and needs of the players.
- 5. **Encourage Communication:** Foster an environment where players communicate with each other during drills.
- 6. **Time Management:** Keep drills within allotted time frames to maintain a well-paced practice.
- 7. **Feedback Loop:** Provide constructive feedback during and after each drill to facilitate improvement.
- 8. **Variety is Key:** Introduce a variety of drills to keep practices engaging and address different aspects of the game.
- 9. **Incorporate Game-Like Scenarios:** Relate drills to actual game situations for practical skill application.
- 10. **Evaluate and Adjust:** Regularly assess the effectiveness of drills and adjust them as needed for continuous improvement.

### TABLE

(IDEAS FOR POSSIBLE SYMBOLS)

C - COACH

T- TARGET/TOSSER

X - PLAYER (ANY TYPE) TOSS/HIT/SET -

S - SETTER

M - MIDDLE DIG/MOVEMENT

MH - MIDDLE HITTER /COACH TOSS -

**MB - MIDDLE BLOCKER** 

H - HITTER

OH - OUTSIDE HITTER

**OP - OPPOSITE HITTER** 

L - LIBERO

DS - DEFENSIVE SPECIALIST

**B** - **BLOCKER** 

H - HANDER

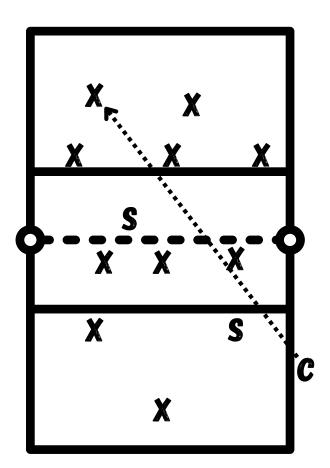
SG - SHAGGER

### 6 VS 6 DRILLS

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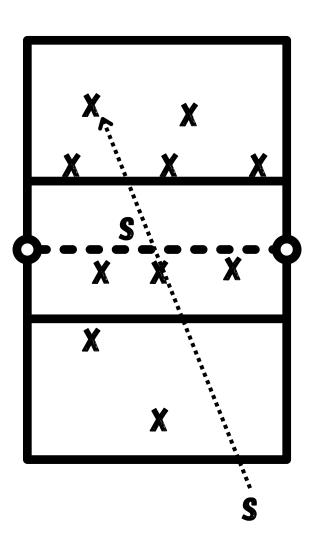
### Drill: 6-on-6 Wash Drill

- Objective: Start with a free ball and both teams play a normal rally, but to earn a point, a team must win two consecutive rallies.
- Focus: Increases focus on consistency, teamwork, and resilience.
- Variation: Require three consecutive rallies to score, or alternate between defense and offense.



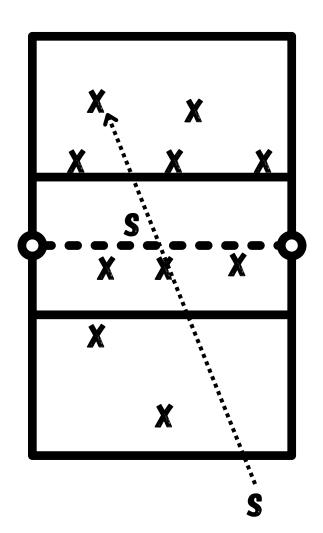
### Drill: Side-Out Challenge

- Objective: One team focuses on side-outs, while the other focuses on serving and scoring points.
- Scoring: Side-out team gets a point for successfully receiving the serve and scoring, while the serving team scores by preventing the sideout.
- Focus: Improves servereceive, first-ball sideouts, and defensive pressure.



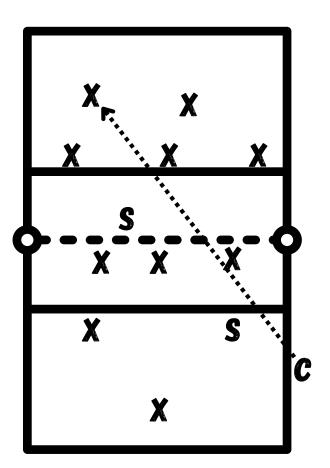
### Drill: 6 vs. 6 Bonus Point Drill

- Objective: Play regular volleyball but assign bonus points for specific actions (e.g., bonus point for a kill, block, or an ace).
- Focus: Rewards aggressive play and helps players focus on different aspects like blocking, attacking, and serving.



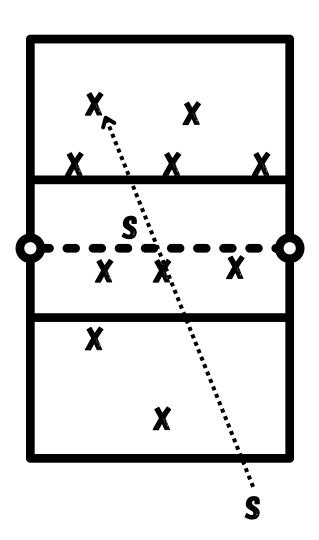
### Drill: Free Ball Transition Drill

- Objective: One team consistently receives free balls while the other team focuses on transitioning to offense.
- Setup: Coach tosses free balls to one side, and they must transition to an attack. Rotate after a set number of balls.
- Focus: Quick transitions from defense to offense, communication, and offensive execution.



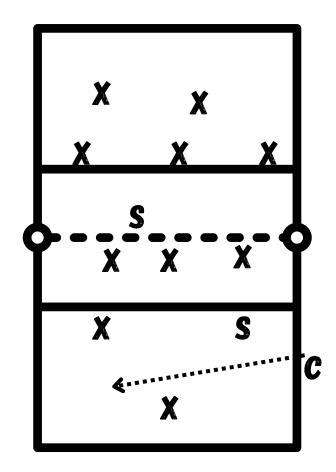
### Drill: Target Serve 6 vs. 6

- Objective: Normal gameplay, but servers are assigned specific zones to target (e.g., short, deep, or sidelines).
- Scoring: The serving team earns bonus points if the serve lands in the assigned zone, while the receiving team tries to side-out.
- Focus: Develops accurate serving under pressure, serve-receive, and strategic decisionmaking.



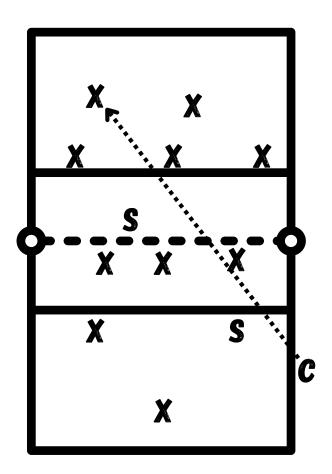
### Drill: 6 vs. 6 Scramble Drill

- Objective: Play a normal 6-on-6 game but start each rally with a scrambled play (e.g., coach throws a difficult ball into the middle of the court).
- Focus: Improves adaptability, communication, and teamwork when dealing with chaotic or unpredictable situations.



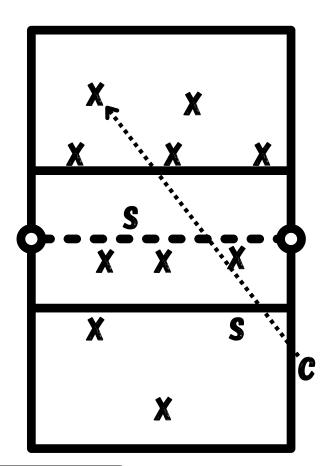
### Drill: 3-Touch Rally Drill

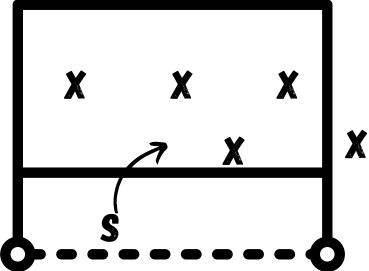
- Objective: Regular 6 vs. 6
  play, but each team must
  complete three
  controlled touches
  before sending the ball
  over the net.
- Focus: Encourages controlled passes, thoughtful setting, and planned attacks rather than rushed plays.



### Drill: Back Row Attack Drill

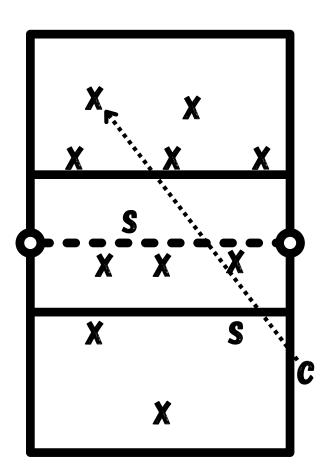
- Objective: Teams play 6on-6, but only back-row players can attack. Frontrow players must focus on defense, blocking, and setting.
- Focus: Strengthens backrow attacking, improves defense and transition from back to front.





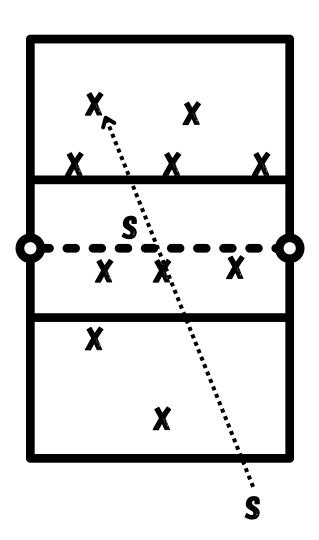
### Drill: Block and Cover Drill

- Objective: Play normal 6on-6, but emphasize front-row blocking and back-row players covering the hitter. Rotate after every few points.
- Focus: Improves blocking timing and hitter coverage, forcing teams to stay disciplined and react quickly to blocked balls.



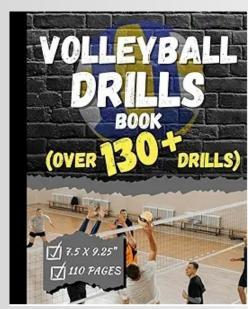
### Drill: Set Point Pressure Drill

- Objective: One team starts with a set point, while the other team must win the rally to stay in the game. Play continues until the set is won or the underdog team overtakes.
- Focus: Teaches teams how to play under pressure and close out tight sets or come from behind to win.

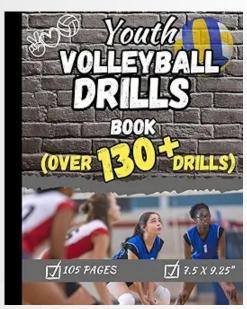


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### CONCLUSION

In wrapping up '10 6 vs 6 Volleyball Coaching Drills,' coaches now possess a dedicated companion to meticulously record and organize their volleyball drills. This book not only streamlines the process of documentation but also becomes a personalized playbook, a testament to the coach's expertise and commitment to player development. As the final whistle blows, may this guide continue to be the cornerstone for crafting effective training sessions and nurturing the growth of skilled, cohesive teams.