INTRODUCTION

Welcome to the '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.

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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

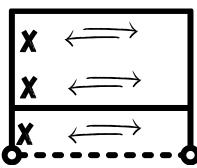
B - **BLOCKER**

H - HANDER

SG - SHAGGER

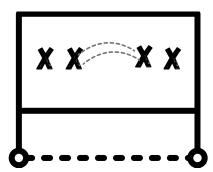
YOUTH DRILLS

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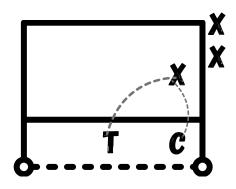
Drill: Down and back skills

Have each player grab a ball and pass to themselves as they walk from sideline to sideline. Then add setting and pass/set.



Drill: Team Ball Control

Make 2 lines and have 1 ball for the group. Have the first player pass the ball from 1 line to the other, then go to the back of the line on the other. Continuously players will pass, then move to each line. Try to see how many the group can do in a row.

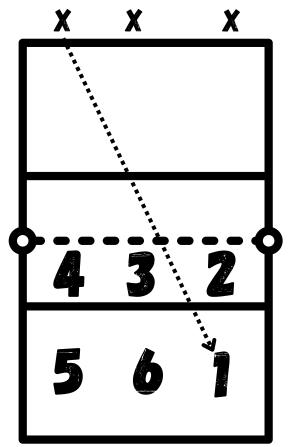


Drill: Passing from toss – LB Have a group of players lined up and ready to go in at LB. Coach tosses the ball to the players facing you and they angle their platforms to the target. To make it more difficult, have them transition from base to defense. 5 balls each, then switch.



SERVING DRILLS

Click Here for more Serving Volleyball Drills at Amazon.com **Drill:** Serving Zones Have the team stand behind the endline and the coach gives them specific zones to hit



Drill: Play Pig (or Horse)
Have players pair up or do this as a team and have them play a game of pig (or Horse) with serving zones. If 1 player hits their zone, then the next in line has to hit the same one or they get a letter ("P","I","G"). If you get all letters, then you are out. Last one left is the winner.

Drill: Around the World

Have a player serve to all zones in

Order in a circle pattern (1,2,3,4,5,6),
then you can have them go all the
way back from 6 to 1.

Drill: Long and Short

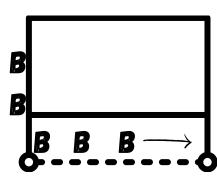
Challenge the players by having them short long, then short. You can do this with zones. For example have them go in this order (1,2,6,3,5,4). This will work on their serving control

Drill: Team Challenge- Hit the Zone

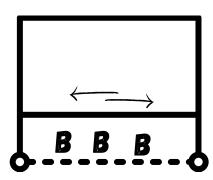
Have the entire team stand at the endline and give the team a zone in which they all need to hit. If anyone misses their zone then give them a consequence. For example, for each person that misses their zone is the amount of times the entire team does pushups, or runs to the net and back.

BLOCKING DRILLS

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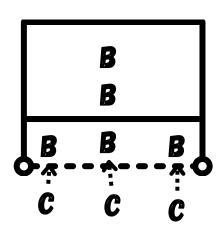


Drill: *Blocking lines*Have the team make a line outside the court. Each person will enter the court 1 by 1 and do a specific blocking approach (i.e. 1-step 2step, 2 step crossover, 3 step crossover, 4 Step). Then come back the other way.



Drill: Team Blocking

Have 3-4 players at the net. In sync, you will have all players move right and left alternating as they work on the same block. Have those off count to 8-10 (which is 4-5 either way).



Drill: Closing the Block

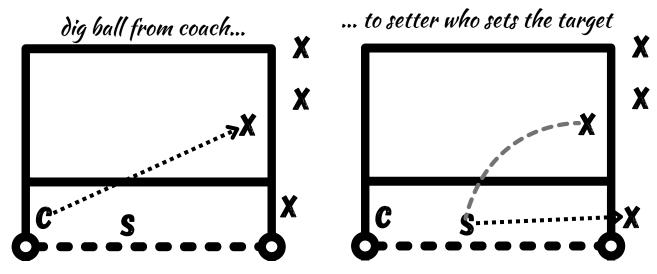
Make a line in the middle of the court, with blockers at the pins. The coach in the middle on the other side of the court will hit at the middle blocker who will block, then transition and move to block with 1 of the pin blockers. This will alternate from right to left as a new middle blocker will fill in, and the middle blocker will take over as the pin blocker that they blocked with.

SETTING DRILLS

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Drill: Digging with Setters Setting to Targets

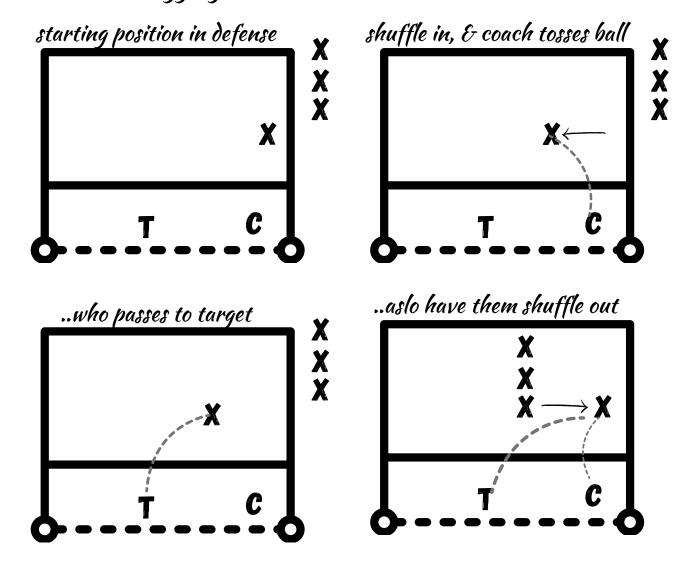


Have a line of players dig from LB, a setter(s) at the net, and a coach ready to hit downballs. Coach will hit at the line of diggers, who will pass to the setter, who sets a target. The digger will become the new target and a new setter can come in after each set. After about 40 balls have the setters back set. Then move to MB and do the same. Make it more difficult by having the setters release from RB, just make sure to slow it down or have other setters in rotation so the setters don't tire out too easily.

PASSING DRILLS

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Drill: Digging Movement



Notes: Starting position in defense, player will shuffle into the court. Coach will toss the ball to the player shuffling in, who will pass to the target. Then next player comes in and shuffles in. Do 5 passes each and have all players count. Once done, then those that were digging will switch with those who were target and shagging.

Also try: -Players start in the court and shuffle out

-Players start in middle back and shuffle up OR sideline

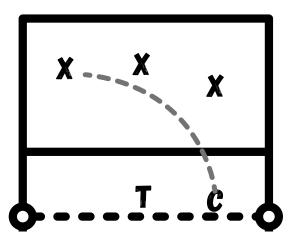
-Try coach tossing from other side and players start in RB

SERVE RECEIVE

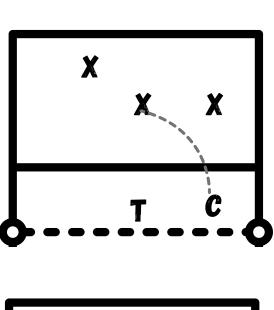
DRILLS

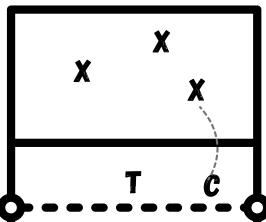
Click Here for more Serve Receive Volleyball Drills at Amazon.com

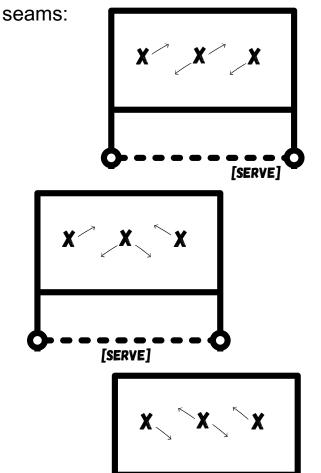
Drill: Serve Receive Seam Movement



Start with 3 players in serve receive, a target, and a coach/tosser representing a server. The example to the side is demonstrating a server serving from the right side of their court. Have the coach toss the ball so that players can work on the movement patterns. Here are the





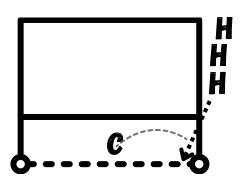


[SERVE]

FITTING DRILLS

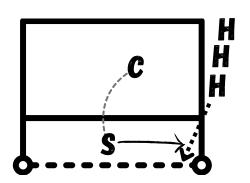
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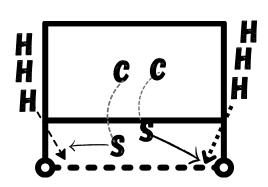


Drill: Hitting Lines from Toss

Have the coach toss balls to the hitters 1 by 1 to the outside, middles, and opposite hitters.



Drill: *Hitting Lines from Setter* Have the coach toss balls to the setter who will set the outsides, middles, and opposite hitters.



Drill: Hitting Lines from 2 Setters

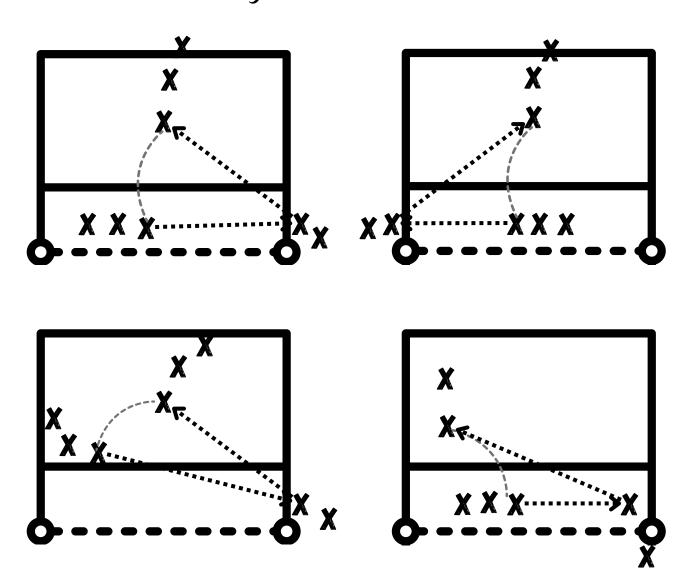
Have 2 setters at the net and 2 lines of hitters hitting at the same time.

Coaches will toss to each setter.

TEAM ORLLS

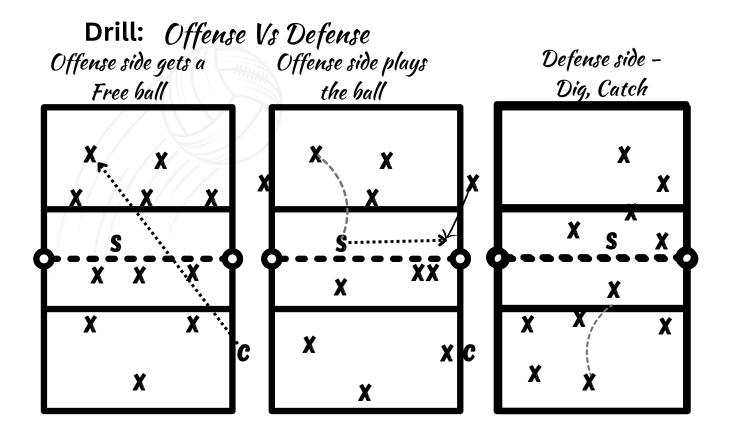
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Drill: Team Triangles



Notes:

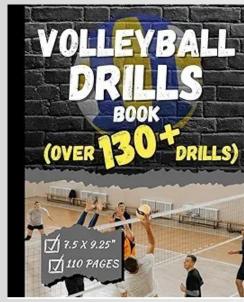
Start with 3 different lines. BR line will always dig, setter line will always set, and pin line will alway hit a down ball to the BR player. After you touch the ball in either the BR, setter, or pin position you will follow the ball to the line where you sent the ball



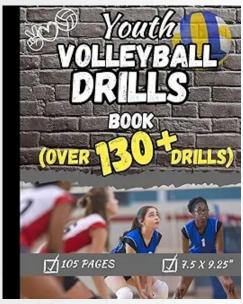
Notes: Start with 6 people on the court in base on each side. Have the coach initiate the free ball to the offense side of the court while the team moves to their free ball defense. They will dig the pass and play it out as normal. Defense side will just dig and catch the ball. Coaches toss 5-10 balls one side, then have the other side play offense and toss 5-10 balls. Switch players after.

MORE DRILLS (AT AMAZON)

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CONCLUSION

In wrapping up '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.