

Ball Control Drills (Can use wall if partner not available)

- High-lows for passing and setting reps
 - <https://www.theartofcoachingvolleyball.com/high-lows-passing-setting/>
- Ball Handling Progression - All levels
 - <https://www.theartofcoachingvolleyball.com/ball-handling-progression/>
- Solo hand contact
 - <https://www.theartofcoachingvolleyball.com/hand-contacts-ball-control/>
- Pass Underhand Back and Forth
 - Partners standing 8-10ft apart
 - Variations: Low (6ft), Med (12-14ft), High (20ft+)
 - Looking for control when ball gets high
 - Feel the trajectory of the ball when going through the variations and what it takes to execute
- Pass Overhand Back and Forth
 - Partners stand 8-10ft apart
 - Variations: Low (shoot it at partners forehead), Med (12-14ft), High (20ft+)
 - Shape your hands, use legs when high
- Run through exchange
 - 1 partner is on laying on chest about 15ft away from other partner, 1 partner standing has the ball in their hand
 - When partner slaps volleyball and tosses at a challenging height, other will get up off their chest and run trying to dig ball to self and catch.
 - Partner that slapped ball will replace partner laying down and continue cycle for 6 balls each
- Down ball Series
 - 1 partner is swinging around 15ft from the partner that is digging, swing $\frac{3}{4}$ speed
 - Series that you can go through
 - Underhand Dig
 - Overhead Dig
 - Run Throughs
 - Continuous Tip
 - Dig to self set partner
- Pass to self, Set to self, Swing at partner
- 2 contact series
 - Pass to self – Pass to partner
 - Pass to self - Side pass to partner
 - Pass to self – Set to partner

- Pass to self – Turn 180 pass to partner
(Variation: Setting instead of passing)
- Turn and Dig
 - 1 partner is facing away from the other about 15-20ft while other partner is hitting a down ball
 - When partner hitting down ball tosses ball they will shout their partners name that is digging
 - Partner that is digging is working on reaction time, staying low as they turn (hop), and reacting to where they see that ball being hit, “scoop” up/ j stoke
- Knee Passing
 - 1 person on their knee 5ft from partner, the other partner is tossing the ball from 5ft away
 - Person on knee is focusing on using shoulder and shrugging to pass, starting low finishing shoulder height
 - Pass and hold aim for ball on top of partners head
 - Toss 6 balls and switch

Arm Swing Drills (Can use a wall if partner not available)

- Hand Series to develop control
 - <https://www.theartofcoachingvolleyball.com/hand-series-to-help-control-the-quick-attack/>
- Approach work w/ focus on using arms
 - Each variation you want to max jump and reach high with both hands x6
 - Watch this video first
(<https://www.theartofcoachingvolleyball.com/maximize-your-jump-for-stronger-attacks/>)
 - 2-step (step close)
 - 3-step
 - Can try a 4-step if introduced already
- Fast ball pitches (a.k.a open the door /slam the door)
- Continuous downballs against wall
 - Try and go for as many in a row as possible and try to beat each time
 - If you are really good with your dominant hand try with you non dominant hand
 - Can also go through arm swing warm up against the wall
- 1 or 2 hand toss and swing
 - No bounce
 - Bounce

- Cross body (thumb up)
- Wrist Awat (thumb down)

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Setting Drills

- Wall sit strength and setting drill
 - <https://www.theartofcoachingvolleyball.com/wall-sit-strength-and-setting-drill/>
- Laid back setting and core drill
 - <https://www.theartofcoachingvolleyball.com/setting-and-core-drill/>
- Wall drills
 - <https://bestvolleyballvideos.com/training-video/setting-wall-work-drills/>
- Setting – (Rock, Paper, Scissors)(Math)
 - Start setting back and forth
 - Upon releasing your set you will hold up either rock, paper, or scissors
 - Before you can set the ball you must call out what your partner has shown
 - Continue this for 3min sequences, you can also change it up by holding up a number and either having to multiply/add