

90 MINUTE VOLLEYBALL PRACTICE #2

Team _____

Date _____

0:00-0:10

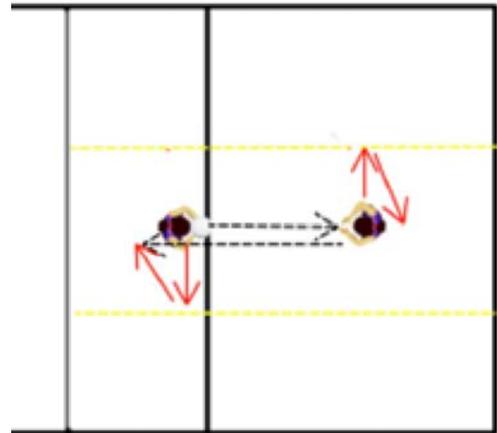
DYNAMIC WARM-UP

- Light Jog – jog to the net and back to the end line (2x's)
- Side Shuffle – swing arms front and back while shuffling
- Carioca – rotate hips sideways
- High Knees – bring the knees up while jogging forward
- Butt-kicks – bring the heel of the foot to the butt
- Lunges – reach one leg forward and squat down
- High Kicks – kick one leg up parallel to the ground
- Side Leans – squat and lean side to side
- Knees to Chest – pull one knee up to the chest
- Classic Quad – pull one leg behind
- Ballerina – extend one leg back in the air
- Sprints – go 75% top speed to the net and back (2x's)

0:15-0:20

PIPELINE PASSING

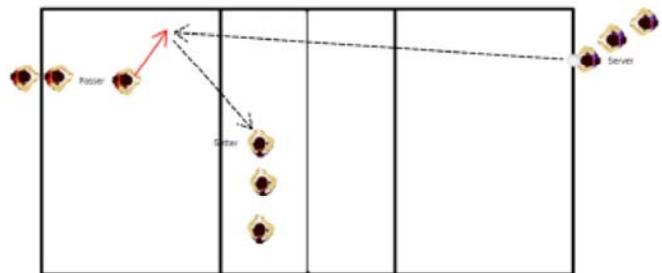
- Tape lines down the middle of the court 12 feet apart and have your players pair up
- One pair will start inside the two taped lines and one person will toss the ball to their partner
- After they toss it, they must shuffle to their right and touch the tape before coming back to the middle
- The second player will receive the ball and pass it back to the first player
- After they pass it, they also must shuffle to their right to touch the line and then return to the center
- If players can complete 10 consecutive passes back and forth then they can rotate with another pair
- **To mix things up you can require players touch a different line each time they pass the ball, forcing them to shuffle both left and right



0:15-0:20

SERVE RECEIVE

- Create 3 lines – servers, setters, and passers
- To start the first Server will serve the ball over the net
- The first Passer must react to where the ball is going and get in position to bump the ball to the first Setter
- Then the first Setter sets the ball into the air
- Have the Passers and Setters rotate lines and then the next Server starts the next rotation
- Make sure that each player gets multiple opportunities to be both a Passer and a Setter



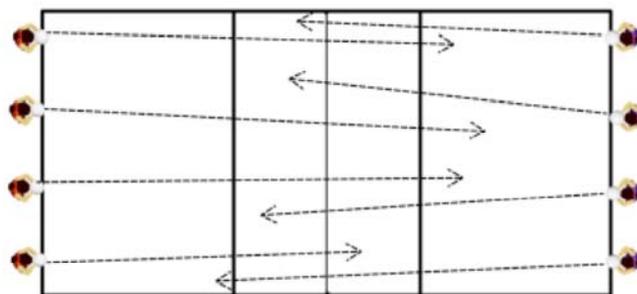
DRILL TIMEOUT – 30 SECONDS

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0:20-0:30

10 SERVES IN

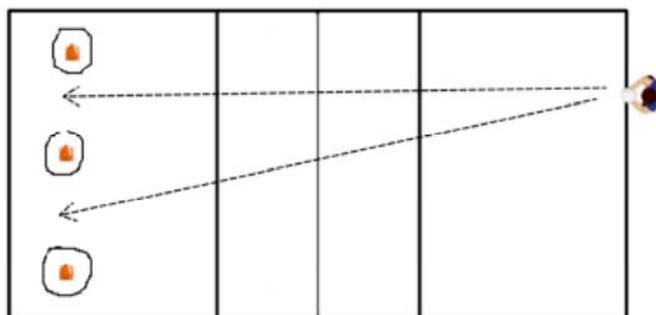
- Divide your players into groups of 3-4 players and give each group 3-5 balls
- On the whistle, each team serves – multiple players can serve at the same time
- Make sure that each team has the same number of balls
- The first team to complete 10 good serves that land on the other side of the court wins
- The losing team rotates off and a new team comes on
- The first team to stay and win 10 points is the king of the court and should be rewarded
- **This can become a fast paced game as players try to serve as fast as possible, make sure that they still use proper technique as they are under pressure and going full speed



0:30-0:45

MISS THE CHAIRS

- Set-up 3 chairs or cones on the back court and draw or tape 2 foot circles around the chairs
- Have the first Server in line complete a successful serve aiming in the lanes between the chairs
- If they complete a successful serve they go to the end of the line
- If they hit a chair, the circle around the chair, or don't complete a good serve then they must do fingertip pushups
- Complete the drill until every player gets at least 3-5 chances to serve

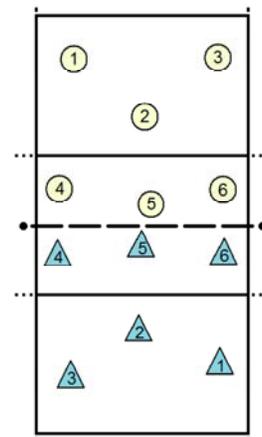


DRILL TIMEOUT – 30 SECONDS

0:45-1:30

6v6 PLAY & APPLY

- Organize your players into teams of 6.
- Play as many sets as you can.
- Rotate teams or players after each set.
- Use 2 or more “drill timeouts” as needed.
- **Apply the principles talked about in practice and help players recognize when they did something right.
- **Make sure they play at full speed so that you paint the picture of what it will look like in a game.
- If players are developing bad habits, slow it down, demonstrate proper technique and then continue.



COOL DOWN AND STRETCH