



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DRILLS & SAMPLE PRACTICE PLANS VOLLEYBALL



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# VOLLEYBALL

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## PRACTICE PLAN

## Be organized yet flexible with practice plans

- warm up with light cardio
- Plenty of activity
- Maximum use of time, facility, and equipment
- Progress from simple to complex
- Make it a safe and fun environment for all

## Giving Explanations

- Clear and concise
- Short and to the point
- Done with enthusiasm

## Showing Demonstrations

- Clearly seen by all
- Repeated multiple times from all angles
- Make sure all get to try same amount of times
- Make sure to have all eyes on you during demonstrations

## **Coaches During.....**

### **Practice:**

- Recruit parents to help with practice
- Always be positive, encouraging and constructive
- Plan ahead of time for practice
- Arrive early to build relationships with players and parents

### **Games:**

Things to remind players of during game play

1. Talk to each other
  2. Call "mine" to get the ball
  3. Get in ready position
  4. Passing
  5. Don't hit the net!
  6. Spread out...move around
  7. Keep your head up, eyes up and open while playing
  8. HOW GREAT THEY ARE DOING!
- Ensure players rotate throughout the game and everyone gets equal playing time.
  - Keep track of time and your substitutions.
  - Give players a break on the bench if they seem tired or mentally frustrated.
  - Explain something when they look confused, frustrated, or discouraged.



## **WARM UP**

*Begin each practice with a 5 to 10 minutes of warm-up activities to get players loosened up and ready to go.*

Light Jog: Jog to the net and back to the end line, repeat twice

Side Shuffle: Swing arms front and back while shuffling

High Knees: Bring the knees up while jogging forward

Lunges: Reach one leg forward and squat down to the net and back, repeat twice

Side Leans: Squat and lean side to side

Knees to Chest: Pull one knee up to the chest

Classic Quad: Pull one leg behind

Sprint: Go 75% top speed to the net and back, repeat twice



## SKILL: SET PASS

*Setting in volleyball means setting the ball into position. This is so the hitter can spike the ball over to the opposing team. Teaching how to set in volleyball is critical to a team's success.*

**Foot Placement:** The right foot is always going to be in front of the left foot. This is the best stance for a setter in volleyball. This helps prevent the possibility of setting over the net.

**Footwork:** You want to have left to right footwork. Always adjust to the ball based on the pass. Take a left to right approach as the setter always wants to be square with the target.

**Arms:** The arms should be in a neutral position. This is so you are ready to raise them up to your forehead. This prevents the arms from dangling down by your side while waiting to do something.

**Hands:** Bring your hands up so you can contact the volleyball right in front of your forehead. This way, you are looking at the ball. You also have a view of your hitter whom you will set the ball to. Receiving the ball at the forehead helps maintain setting accuracy.

Focus on extending the arms on the follow-through of each set. As a setter, you should extend your arms out to press towards their target. Extend your arms in a nice and relaxed manner but with firm contact.

### Other Things To Keep In Mind

- If the ball is spinning after your set, it means that it was not a clean contact. Make sure your palms do not touch the ball. Your fingers, together with your wrist, should do the work.
- When you're starting out, focus on learning how to catch consistently before refining your setting techniques. After all, you can't set the ball if you don't have it.

## SKILL: BUMP PASS

*Also known as the forearm pass, it's one of the key skills to learn as a young volleyball player. A great bump passer can get the ball to a very select target and choose from a variety of trajectories to get it there.*

**Get to the Spot:** Once the ball is headed toward you, get to a spot that allows you to be behind the ball before it arrives.

Moving with your hands together in a bumping position slows your movement significantly and will result in you being out of place. Instead, you should try your best to move in a ready position (knees bent, shuffling rather than turning and running, weight forward).

**Position Yourself:** Your hips should be facing your target, your weight should be slightly forward, and your knees bent athletically and shoulder width apart.

**Create Your Platform:** This base is created by bringing your wrists and forearms together to create a flat surface. There are two types of platform for you to try, as each person prefers one style or the other based on their comfort level:

1. Hands together, one on top of the other facing up.
2. Ball one hand into a fist and wrap the other hand around it.

Regardless of which hand position you choose, you should aim to keep your platform as flat as possible. Drawing your elbows in toward your body while keeping the hand and arm position will also keep things nice and flat.

**Do not attempt to interlace your fingers** while choosing a hand position. This leads many to jammed or broken fingers and is an inefficient way to make a platform.

**Prepare For Contact:** Your platform should be flat, your shoulders and hips should be facing your target, your knees should be slightly bent, and you should feel strong in your lower body.

**Get Low:** Contact with the ball should occur around waist height, but don't lean down and lose your platform. Lower your body by bending your knees and hips, almost like you're in a seated position.

**Pass Through the Ball:** If a ball is not "driving" with a great amount of speed (often the case in beginner level), you will need to provide some force of your own to your bump pass. This is not done by wildly swinging your platform up at the ball. Instead, use your legs to thrust your torso toward your target while slightly moving your arms forward and up through the ball.

**Reset:** Once your bump pass is complete, reset to a position ready for your next play.

If you're a back-row player, you should return to ready position and be ready to cover your teammates. If you're in the front row, you should move to your hitting position, ready for a possible incoming set.

# SKILL: SERVING

*The serve is the one skill in volleyball a player has complete control over executing. The server should move to the baseline, face the target area, and serve the same way each time.*

## Serving Technique

There are 3 important parts to the serve...

1. **The toss.** Most often beginner players have trouble serving because the toss is so inconsistent. Beginning players usually struggle at just serving the ball over the net. This is usually because of erratic tosses. Practice, practice, practice serving and you'll gradually become a much better tosser.

2. **The arm swing.** The arm you serve with should have the elbow raised above and behind the shoulder while the hand is up and behind the head. Bring the arm back then forward contacting the ball with the palm.

\*Some beginner players may do better starting with an underhand serve. Both underhand and overhand serves are acceptable in our YMCA youth leagues.

3. **The contact.** You want to contact the center of the ball. Really focus hard on the center of the ball. Make contact with the ball in such a way that the ball doesn't spin. If the ball spins, this is a sign you didn't hit the ball directly in the center.

## Tips for Serving

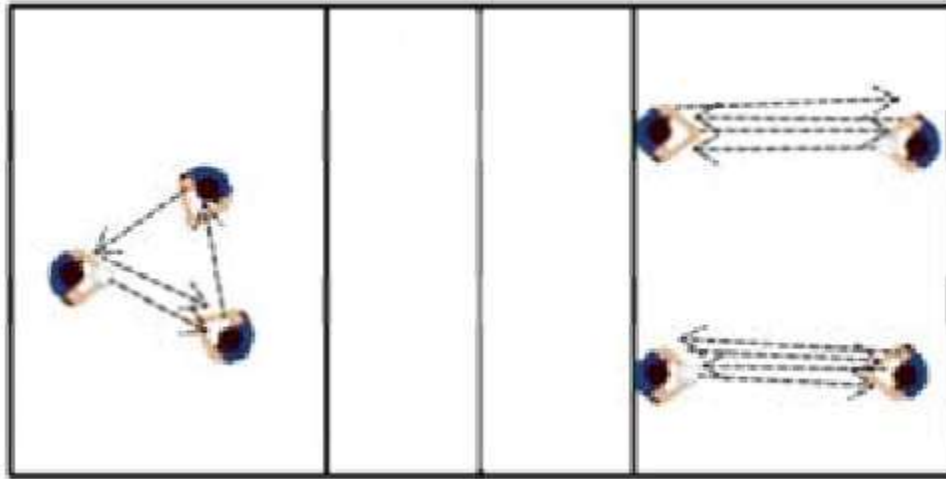
When creating volleyball serving drills for beginners, keep these things in mind.

- Use competition in serving drills to help motivate players and keep drills interesting.
- Teach players to recognize when the serve has disrupted the team offense.
- Always serve with purpose. For example, where are you aiming your serve? Short to zone 4? Deep to zone 5? Is it a float serve? How can you serve to make it more difficult for your opponent to attack?
- Often servers will be more accurate when they focus specifically on serving a certain type of serve. For example, focusing on serving a floater to zone 6 will likely be more accurate and less likely to error rather than just trying to "serve the ball in".



# **SAMPLE DRILL: PEPPER**

## **10-15min**



**Setup:** Group players into groups of 2 or 3

### **How It Works:**

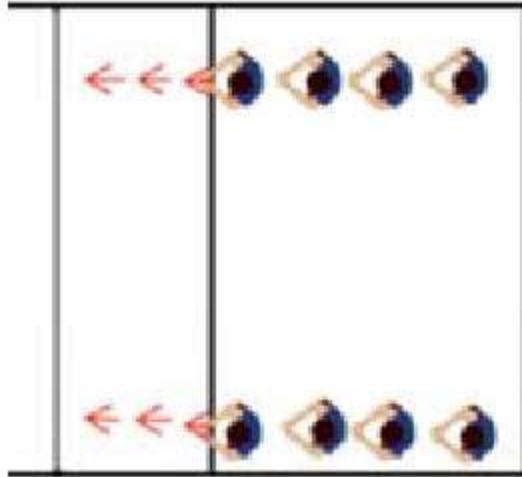
1. The groups pass the ball back and forth or in a triangle following this pattern: Toss, Bump, Set, Hit.
2. If they can't dig the hit then the group starts over with a toss.

### **Coaching Tip:**

- Complete this at half speed for several rounds before requiring the players to do it at full speed.

## **SAMPLE DRILL: APPROACH**

### **10-15min**



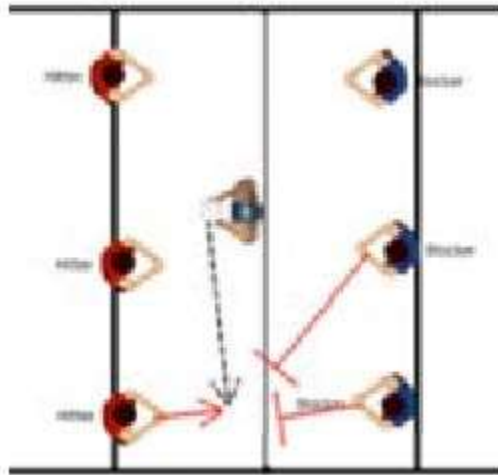
**Setup:** Divide the players into 3-5 separate lines.

#### **How It Works:**

1. The first player will step up and complete a three-step approach toward the net.
2. They will finish with a jump and arm swing as if they were going to hit the ball over the net.
3. Have each player complete this 3-5 times without the ball.
4. Then have them complete the drill 3-5 times with a ball.

## **SAMPLE DRILL: BLOCKING SIDE**

### **15-20min**



**Setup:** Divide players into groups of 3- hitters and blockers.

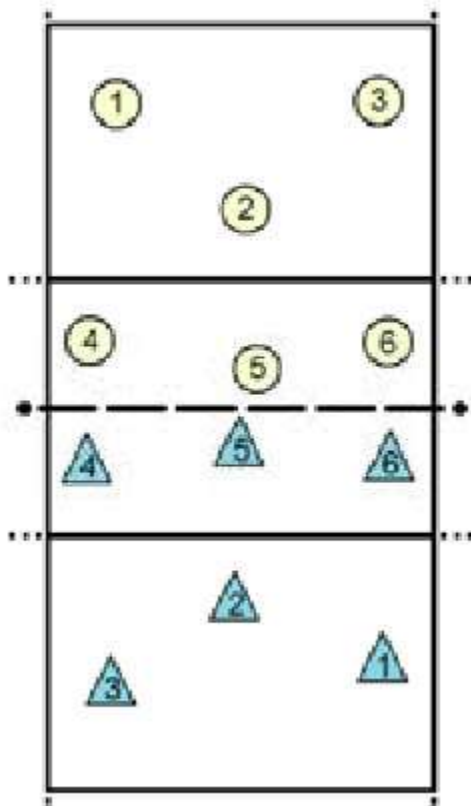
#### **How It Works:**

1. The hitters huddle and decide who is going to attack.
2. On BUMP, SET, the chosen hitter approaches the net. The blockers adjust to defend the phantom hit.
3. Once players are comfortable with getting into the right position, stand at the net and toss a ball up to the hitter.

#### **Coaching Tip:**

- Complete this at half speed for several rounds before requiring the players to do it at full speed.

## SAMPLE DRILL: 6 vs. 6 Play and Apply 20min



**Setup:** Organize your players into teams (6 if possible 5 and 4 can work too).

### How It Works:

1. Play as many sets as you can, rotate teams or players after each set, use 2 or more “drill timeouts” as needed.

### Coaching Tip:

- Apply the principles talked about in practice and help players recognize when they did something right and 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, slot it down, demonstrate proper technique, and then continue.