



Shuffle side to side, get ball to drop between legs

- progress to ball hitting each knee
- progress to catch

Throw, pass, catch off-center

- start on endline, shuffle forward pass
- start on 10' line, shuffle back pass
- side to side (work around midline to finish to target, don't reach)

Movement training: front-back, side-side, snowflake, figure 8

- progress to passing in snowflake
- progress to passing in figure 8 (middle of 8, continue to shuffle)

Pass on the wall

- shuffle side ways across the wall
- front to back
- side to side, turn each time, drop step

Tossers on 10'

- passers position under net, stay low and balanced
- start on opposite 10', shuffle forward, under net, pass
- 2 passers under net, shuffle side to side, pass 6, switch

Tosser on opposite 10', passer, target triangle, 2 balls per triangle

- pass 5 and rotate
- target moves
- passers start on 10', need to shuffle back, shuffle forward
- side to side
- serve to initiate from 25'

Passers left back/right back corners, tosser at net

- short, deep run throughs

3 deep on stomach, tosser at net

- toss, up, run through, stay low
- toss, up, run through, roll

LF, LB base, target

- self toss, jump, spike from OH
- progress to add setter

Setter, RF, LF, 2 back

- set, down cross, 2 back shift opposite, dig

3 base, target, OH on opposite side of net

- coach toss, hit, defend out of base
- progress to coach call where to hit
- progress to 3 hitters
- hit to the diggers
- dig to the well
- progress to add back row attacker

Middle to sideline:

2 passers start in the middle of the court, shuffle to opposite sidelines, pass, shuffle back

Sideline to Middle:

Cones – Short, deep, short, (to 3 back row base positions, clock and counter clock)

Corner to middle to corner

W pattern, clock, counter clock

2 passers in half W

Semi circle around cone in MB

Coach initiated drills:

- rapid fire: butterfly 2 balls, short to deep, etc, progress to w/serve
- w/3 passers
- outside to in, passers rotate through w/each pass, switch sideline
- inside out, each way
- short deep, double butterfly
- side to side shoulder drop, 2 setters (targets), pass, set
- 2 person overlap, passer closest to in front, 2 servers (initiators)
- Pairs short deep, LB & MB, RB & MB, short open up early
- Triangles, MB back (on right side of court), MB up (in middle of court), MB back (on left side of court)
- Pass set, tip w/ 3 hitters

100 Balls – perfect & errors only

- 100 good serves to passers
- Track only perfect & errors
- Perfect % should exceed 50%
- Error %: 15% acceptable 10% preferred

5 before 2 (1 point):

- 5 perfect before 2 errors
- 1 point for success, 1 point for opponent for failure
- Or 1 point for success, subtract 1 point for failure
- Play either game to 15 points

30 perfect drill:

- 1 point for perfect pass
- Subtract 5 points for passing error
- Play game to 30 points

3 in a row (15 points):

- 3 perfect in a row = 1 point
- Rotate after each point and play game to 15 points

Perfect pass to attack kill:

- passer receives $\frac{1}{2}$ point for perfect pass and $\frac{1}{2}$ point for a successful attack
- each player must score 10 points to get out of drill

Perfect pass to quick attack kill:

- 1 point is scored after 3 successful quick attack kills from serve receive
- Play to 15 points