



**AVB**  
ARMOUR  
VOLLEYBALL  
**SERVING DRILL IDEAS**

- 10 tosses, ball drop in same spot
- Partners serve from 10' line to 10' line
- Serve a specific spot on the wall
- Ball trap on wall
- Elastic 2' above the net, serve in between
- Partner sits in zone, hit partner and switch until all zones are hit
- Set up chairs in each zone for players to knock down
- Serve to hit a specific line (endline, sideline)
- 50 in a row as a team
- 3 in a row to each zone
- Serve and chase (timed)
- Servers vs. passers