



Footwork training

- Without ball
 - Stance, facing passers whenever possible
 - L-R 2 step (self triangle)
 - right foot finish toward outside, squared up to LF even when back setting
 - L-R-L-R 4 step (start on net, 2 steps to 10', L-R to outside)
 - 4 step air pivot L-R-L-R (finish off inside foot)
 - Back off L leg, L-R-L (finish off outside foot)
 - L-R Jump set
 - Jump set air pivot 2 step (off inside foot)
 - Jump set air pivot 4 steps (off inside foot)
 - Jump set 2 feet moving forward (start on 10's, run toward net, jump set off 2 feet, add air pivot)
 - Star drill 2 step (cones in 5 point star, 2 step to each cone)
 - Star drill 4 step
 - Position release RF, MF, LF, LB, MB1, MB2, RB
 - When moving along the net always turn into the court
 - When coming out of the back court come to the net as fast as possible
 - When coming out of the MB position come from the opposite side of the pass

Strengthening Hands and Wrists

- 3 way basketball drill (catch and release, do not set a basketball)
 - Chest pass
 - Overhand
 - Emphasize proper weight transfer
 - Jump set catch and release (beach set)
 - Seated heavy ball
 - Chest pass, overhand
 - Standing heavyball
 - Chest pass, overhand, back set (do not bend the back)
- Heavy ball on wall
 - 2 hands, one hand, jump 2 hands, jump 1 hand
 - Squats

Wall training

- Close to wall to work on fingers (away from wall to work on legs, hands)
 - Side to side

- 3 ft wrists only (same as close just higher)
- 6 ft use legs (higher)
- 3ft, 6ft, 9ft up down (close to wall)
- 3ft, 6ft, 3ft while moving side to side
- Squats (2 hands then 1 hand)
- Back sets
- Side shuffle (2 hands then 1 hand)
- Jump sets (2 hands then 1 hand)
- 2 person both facing wall, short-deep
- 2 person both facing wall, front set, back set (w/ and w/o jump)
- 2 person furthest facing wall, closest facing away, front set to partner, back set to wall (w/ and w/o jump)
- 3 person facing wall, person furthest from wall sets front to wall, back, back (1 then 2 balls)
- Set, bounce (set to same spot on wall each time)
- Set, bounce short deep (keep eyes on the ball)
- Set, bounce back set (set to self, back set, always turn to the right, set same spot on wall)
- Set, bounce jump back set (set to self, jump back set, same posture)
- Set, bounce side set (both sides, make sure lead shoulder is dropped)
- Set, bounce jump set 2 ft (L-R jump set)
- Set, bounce jump set air pivot (square body back to target on each release)
- Set, bounce side to side l-r (finish with RF toward target)
- Set, bounce side to side outside leg
- Set, bounce side to side inside leg
- Group series, under over side to side

Individual training

- Walking progression, setting while walking from sideline to sideline
 - Forward
 - Backwards
 - Side shuffle
 - Crossover front and back (Karaoke)
 - Skipping
 - Lunge walk
 - 45 degree shuffle
- Walking progression eyes closed
- Set high with bounce (to self)
- Jump set with bounce 2 legs (to self)
- Jump set with bounce air pivot (to self, L and R legs)
- Down/up (lie flat on the ground until head touches ground and stand back up, 2 hands and then 1 hand)
- Down/up eyes closed
- Leg ups while setting on back
- Knee ups while setting on back

- Sit-ups while setting
- Back hyperextension (set while on stomach, tosser standing or on stomach too)
- Set, follow L-R (setter works in straight line, set, bounce, follow, moving clockwise)
- Jump set, follow
- Set, follow R leg air pivot (clockwise)
- Set, follow L leg air pivot (counter clockwise)
- Set, follow back set

Partner Drills

- 2 person: 3 ft, 6 ft, 12 ft, 20 ft
 - Starting close together and slowly moving backwards
 - Set and back set (set to self, back set – always turn to the right as if turning to the net)
 - Alternate side setting (make sure lead shoulder is dropped)
 - Short - Deep, alternate
 - Short - Deep, front set self back set to partner
 - 3 reps front set (self, self, turn, set to partner completely squared to target, run back to start)
 - 3 reps back set (self, self, back set, run back to start)
 - Side to side 2 person (5 patterns – L-R, jump, air pivot)
 - Side to side 3 person (5 patterns)
 - 2 targets (targets set straight ahead)
 - Side to side 9 meters (5 patterns)
 - 1 target, side to side on back line (use tosser if target can't set consistently)
 - High ball sets with leg emphasis
- 3 person triangle drills
 - Figure 8, one person running around 2 people (add jump)
 - Start on 10', set to self on net, set outside (add running step, add jump)
 - 2 contact back set (add run, add jump)
 - 3 contact (start on 10', set to self on net, set to self on 10', set outside, add jump, add jump off air pivot)
 - Add back off 2 (set to self on net, set to self back behind, set outside)
 - Add back off outside foot
 - Triangle moving forward
 - Triangle moving backward
 - Set to cover outside
 - Set to cover back
- 4 person square variations
 - Off R leg (go counter clock)
 - Off L leg
 - Add jump off 2

- Jump off inside
- Back set (go clock)
 - Back set off inside
 - Jump
 - Jump off outside
- 2 balls
- 3 balls
- Front set, back set 2 balls
- Front set, back set 2 balls opposite ways
- front set side set
- 5 person square (one in middle, back set side set)
 - add jump
- 5 person in a straight line, back sets, one long set
- 5 person freeball front set, back set switch on each ball

Box Drills (1 ball, target on box LF or RF, coach toss from MB or move)

- 2 step L-R
- 4 step L-R-L-R
- 4 step air pivot (inside foot)
- 4 step back off 2 (L-R)
 - Turn, L-R-L-R, square up
- Back off L only
 - Coming off the net, L-R-L, (outside foot)
- Jump set 2 feet
- Jump set 1 foot R only
- Set following dig (2 setters, 1 Lib, 1 target on box - setter down ball at Lib, dig to target, set outside to box target)
- Back set following dig (no target on box, 1 ball)
- From RB following dig back set, outside

Box Drills (2 balls, 2 targets on boxes LF & RF, coach toss from MB or move)

- 2 step L-R, outside & back
- 2 step, 4 step off the net
- 2 step, 4 step air pivot R leg off the net
- Short - Deep along the net (use legs on deep for power, left leg to brake)
- 2 step, back off L off the net
- Jump set
- Jump set air pivot R & L legs (inside foot, outside foot)
- Running from RB (add jump, add jump off inside)
- Perfect pass, set, cover, then running to RF back set to outside
- Perfect pass to cover then running to RF underhand to outside
- Side set facing net (add jump)
- Side set facing net running from RB
- Side set with low pass (add underhand set)

- Side set running from RB facing the net (add underhand set)
- 7 position release to set
 - RF after block, MF, LF, LB, RB, MB1, MB2
- Random patterns
- Running LF-RF against movement (add off net, add jump)

Quick sets

- Target on box set 1's, 3's (add off net, add jump, add off net jump)
 - add back 1's, 2's, add off net, add with jump
 - add side sets facing net, add back to net, add coming from RB facing net

Tipping / Attacking (always up w/2 to fake the set)

- Right hand down (attack with RH to donut)
- Left hand down (attack with LH to donut)
- Right hand back (to zone 4)
- Left hand back (to zone 4)
- 2 hand back (to zone 4)
- Attack (spike)
- Fake attack (jump as if to attack then set to outside)