

# Passing

## Progression Cues:

- Sit in a chair
- Hug a tree
- Flat Platform
- Step
- Freeze

## Hand Position:

- Fist with wrapped hand
- OR
- Pinch fingers & roll palms
- Thumbs side by side, no overlapping

## Technique:

- Shuffle step behind ball
- Get to point of contact before ball arrives
- Wrists together with chosen hand position
- Thumbs down
- Weight dispensed equally over the balls of the feet in a forward lean position
- Shoulders forward & down
- Knees should be inside toward the body's center of gravity
- Feet wide apart, with one slightly in front
- Arms maintain a flat platform with elbows locked and out in front
- Watch ball all the way to the platform
- Move into ball
- Keep hands below chest as shovel towards target

Must teach the players how to toss a ball FIRST

## Ball Handling & Warm up Drills

### Passing

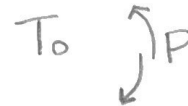
\* SELF: a) walking b) touch floor in between passes c) self continuous d) against the wall

\*PARTNERS - one tosses, other passes back to tosser who catches ball (10-15 feet apart) 10x/switch

\*PARTNERS - one stationary tosser, other passes. After pass, run/shuffle up to touch tosser's kneepad, shuffle back to receive next toss. 10x/switch

\*PARTNERS- side to side: tosser stationary, passer shuffles 3 steps to left, passes, shuffles to right 4 steps, passes

\* SELF- PARTNER: players are to pass to themselves and then pass to their partner.



\* SELF-BACKWARD TO PARTNER: players pass to themselves and then turn around and pass backwards to their partner.

\*PARTNERS- 20 feet apart, back & forth:

a) low & flat b) low & flat sideways c) high & squatting d) high & squatting sideways

# Passing Con't

\* **SHORT-LONG (SINGLE)**: Player at the net is controlling the drill by having the partner start about 15-20 feet from her and passes the ball short to begin with. The passer moves up and passes the short ball and quickly recovers to a her deeper position because the passer at the net is going to pass the ball back deep. 10x & switch  
Setting Also



\* **SHORT-LONG (DOUBLE)**: This drill is similar to the one above but now both passers will be moving short and long. Passer A is at the net and Passer B is off the net about 15-20 feet. Passer A starts the drill by tossing Passer B a short ball. Passer B passes back to A and moves back ready for the deep pass from A. As soon as A passes deep to B, she runs up and is ready to pass a short ball from B. She passes the ball to B and hustles back to pass a deep ball from B. Repeat pattern continuously.



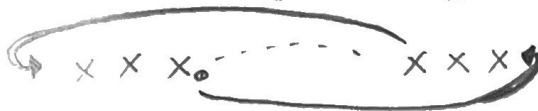
\* **GROUPS OF 3**: 2 balls Toss straight across, passer shuffles side to side to receive toss, pass back to tosser  
Setting Also



\* **10/10/10**: 2 balls 10 perfect passes to target Xo To rotate after 10 perfect passes  
\*move passer back Repeat

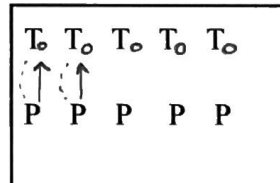


\* **Lines**: one ball, toss across to start drill, pass back to opposite line, run to end of opposite line  
Setting Also



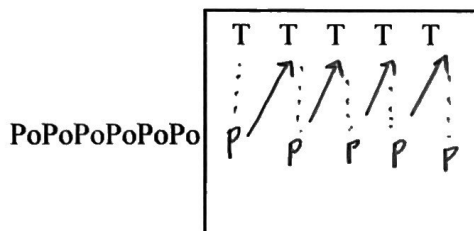
\* **POPCORN**: Line of tossers along net each with a ball. Opposite line across 10 feet away. Tossers simultaneously toss ball across to passers. Pass back to tosser. Passer than shuffles to right. Receives next toss. Go through 3x, switch positions. Then go to the right.

Setting Also



\* **ADVANCED POPCORN**: Line of tossers along net without ball. One line of passers on sideline - each with a ball. First passer gives ball to first tosser. Tossers tosses to passer, who passes the ball to the tosser on the right, then shuffles to right, receives tossed ball, passes to right. Continuous. Ultimately the passer follows her own ball. 3x, switch Go to left

Setting Also

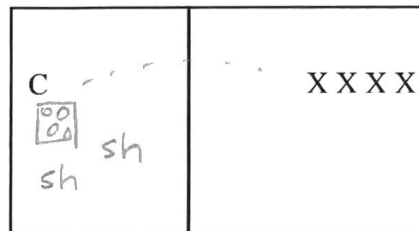


# Passing Con't

## Tracking ball over net:

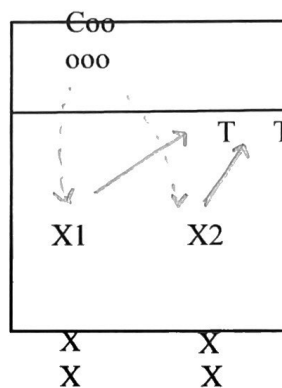
Coach throws ball over net.

- 1) Over sized t-shirts. Player catches/scoops ball with shirt.
- 2) Player gets to point of floor so ball bounces through legs.
- 3) Player catches ball at shoe laces
- 4) Player catches ball at kneepads
- 5) Player catches ball with knees.



**Figure 8:**

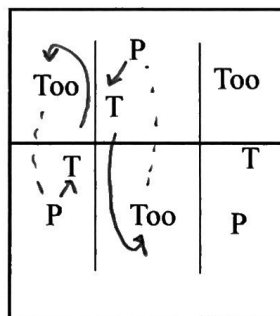
- Goal - 15 good passes to Target
- Coach Freeballs to X1 who passes to Target (T), after pass, X1 runs to end of T line.
- T brings ball to coach
- Coach freeballs to X2, pass to T, T to coach, X goes to Target line



## Butterfly:

- Goal - 15 good passes to Target
- 2 balls per group of 3 players
- Tosser (Too) throws ball over net to Passer (P) who passes to Target (T)
- Receive next ball from tosser

3 groups working at same time on net  
Rotate positions



Advanced: Serve across the net instead of tossing to passer  
Setting Also

# Serving

## Progression Cues:

- Toes pointed to target
- Alligator mouth on ball
- Bow & Arrow (hand above head)
- Toss...Set/Hit
- Lift with no spin
- High Contact
- Drag back toe forward after contact
- Follow through to same side hip

## Hand Position:

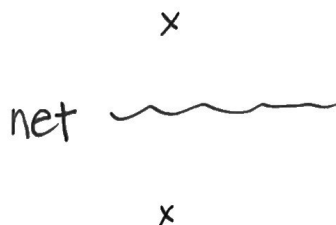
- Open Hand (NO fists)
- Contact with full hand
- Hardest contact with palm area
- Fingers provide direction, top spin

## Technique:

- Stand with feet shoulder width apart.
- Beginners: start with opposite foot back
- Advanced: start with opposite foot slightly forward
- Extend ball from chest
- Toss only 2-3 inches higher than extended contact hand
- Toss... step/hit -Beginners need to step first, than hit -Advanced players will slightly step with opposite foot to transfer weight
- Drag back toe forward to keep weight and power grounded
- Wrist should be firm
- Follow through, if any, to same side as hitting arm

## Progression:

- \* Toss - player should practice tossing (lifting) the ball so it is as high as her serving arm and lands just in front of her serving foot. 50x
- \* Overhand throw the ball over the net to partner. If player can not throw the ball over the net, she will have difficulty serving the ball. (Players can throw kneepads, tennis balls, socks to work serving motion.)
- \* Serve over the net to partner from the 10 foot line 10x Slowly move back 3 feet  
10x Move back until reach baseline.



## Serving Drills

- \* Accuracy to Targets
- \* Consistency - 9 out of 10, serve 3 in a row, etc
- \* Serve and chase ball to other side of court
- \* Serve at chairs, cones, seated players, etc.
- \* Serve to Areas of court:

4	3	2
5	6	1

## Graveyard

Divide team in half. One half lies on the opposite side floor, with legs & arms spread out. Servers have a set amount of time to try to hit players lying on floor. One point for each hit. Switch positions.

## Spider

The first server just has to serve it in. If she serves it in, she sprints and dives on the floor to where her ball landed. If she misses, she shags her ball and goes to the end of the serving line. The next server can not serve until her teammate gets to her spot on the floor. She then serves and tries to hit her teammate that is on the floor. If she makes a service error or misses her teammate, she shags and goes to the end of the line. If the serve makes contact with the teammate **on the floor**, she sprints over and connects to that teammate. Part of the body must be on the floor at all times, **but you can encourage the players to wail their arms and legs around to help to make contact with the serve.** Timed. Try to beat time when repeated.

## Underhand Serve:

- 1) If you are right-handed, put your left leg forward and put all your weight on your back
- 2) Place the ball in the palm of your **NON STRIKING** hand under the volleyball and hold it out in front of you a little lower than your hip and across your body directly in the line of your striking hand. (Elbow straight)
- 3) Make sure your right (striking) hand is in a fist. (Closed fingers and heel of hand facing the ceiling).
- 4) Swing striking fist back and then forward to hit the ball out of your hand beside your pinkie..  
.DO NOT TOSS OR DROP IT!\* As you swing at ball, step forward with the opposite foot.
- 5) Once you make contact with the ball, extend your legs up for power, and follow through!(follow through: continue your arm swing upward and point your striking hand in the direction of your intended target).

# Setting

## Hand Position:

- Ball Shape
- Check position using ball panel
- Thumbs & index finger make "L"

## Progression Cues:

- Hands on hips
- Create lots of wrinkles in wrists
- Lift hands above forehead
- Left / Right footwork
- Hips facing Target
- Follow through:
  - hands stay parallel
  - straighten elbows
  - fingers pointed toward ceiling

## Technique:

- Get to point of contact before ball arrives
- Hands up above forehead
- Hands slightly wider than eyes
- Quick 'catch and release'
- Last two steps should be Left / Right (keeps from setting across net to opponent)
- Hips facing target as weight is transferred up and forward
- Fully extend arms as release ball

## Progression:

- \*Partner pressure - partner applies pressure to assist player with pushing the ball out of the hands (Superman follow through) seated setter
- \* Partner Catch - practice underhand toss and catching the ball on the forehead (50x)
- \* Standing foot position - right foot forward - toss and catch (25x)
- \* Self: Catch and extend to ceiling, ball bounces and player catches and repeats (25x)

## Setting Drills

### Repeated passing drills, but using Overhand passing (Setting)

\* SELF: sideline to sideline: a) walking b) shuffle c) skipping d) backwards e) touch floor in between sets  
f) self continuous

\* PARTNER: players are to set to themselves and then set across to their partner.

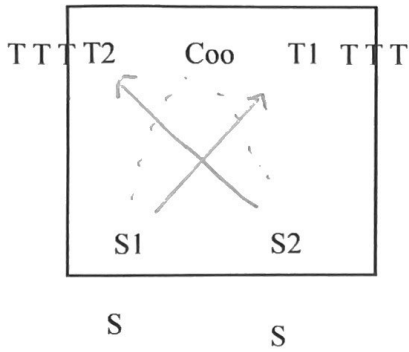
\*PARTNERS - one stationary tosser, other set. After set, run/shuffle up to touch tosser's kneepad, shuffle back to receive next toss. Stationary partner catches or quick sets to self until partner returns to starting position.

\*PARTNERS- side to side: tosser stationary, setter shuffles 3 steps to left, sets, shuffles to right 4 steps, sets

\* SELF-BACKWARD TO PARTNER: players set to themselves and then turn around and set backwards to their partner.

\*JUMP-SETS TO PARTNER: players jump, then set while in air

**Criss- Cross**



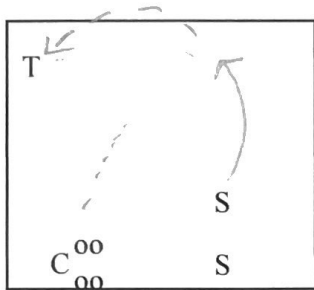
Coach tosses to Setter #1, sets to T1, goes to end of T1 line.

T1 puts ball in bucket goes to end of either Setter line

Coach tosses to Setter #2, sets to T2, goes to end of T2 line.

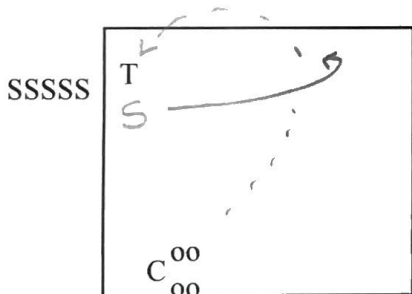
\* Set high and cross court for better angle of incoming ball.

**Game Situations:**



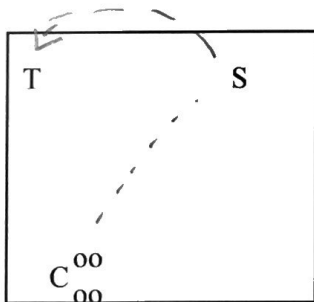
Coach slaps ball. Setter #1 releases from RB to passing target area (Right front). Set high up to Target in Left Front.

Move target around - Right front, Middle Front, Left Back, Middle Back



Coach slaps ball. Setter #1 releases from LF to passing target area (Right front). Set high up to Target in Left Front.

Move target around - Right front, Middle Front, Left Back, Middle Back



Coach slaps ball. Setter mock blocks in RF, as she lands, coach tosses ball near RF.

Set high up to Target in Left Front.

Move target around - Right front, Middle Front, Left Back, Middle Back

# Attacking

## Progression Cues:

- Big Birdie
- Left, right, left
- Touchdown
- Bow & Arrow
- Tummy touch
- Swing
- Land on eggs

## Technique:

- The approach should consist of 3 steps, starting with the left foot and the last two steps should be step, close, with your body open to the setter.
- As you gather for your jump, swing both arms back then forward so you lift off the floor into your vertical jump.
- The hitting arm should be cocked behind the head and swung to a fully extended position behind your body. The opposite arm should be swung downward to aid in shoulder rotation pike on the ball.
- Contact the ball with the heel of the hand and immediately snap the wrist on the ball to give it over top spin and control.
- Always attempt to keep the ball in front of you.

## Progression: The Swing: Partners

- \* Guide arm up, hitting arm up, wrist snaps the ball down from a toss from partner. 10x switch
- \* Guide arm up, arm swing up, guide arm pulls down, arm swing at tossed ball from partner. 10x switch
- \* Player walks forward, brings guide arm up and swings at the ball, hitting it to the floor. 10x switch
- \* Player attempts to jump and swing at the ball from tossed ball from partner. 10x switch

## Progression: Footwork:

- \* Right handed players must have their last two steps, RIGHT/LEFT. The right foot points forward with left foot parallel to the net. Put on the BRAKES
- \* Going across the gym, do each of the following sequences:
  - 1) Arms natural to the side, player does a right, left plant, jump.
  - 2) 4 step approach: right, left, right, left, jump add arms up to catch imaginary ball
  - 3) 4 step approach: swing arms back & up add bow & arrow reach high add swing add snap of wrist

## Self Toss Attack:

- \*Players each have own ball. 3 lines at LF, MF, RF on 10ft line. Toss own ball, right / left approach, hit ball over net. Shag own ball or divide team in half.



# Attacking Con't

## Drills:

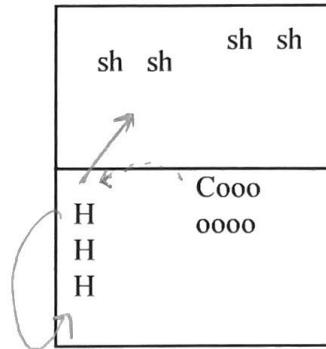
### Basic Hitting/Coach toss:

Players start by simply standing still and attempting to make contact above net.

### Progress to footwork:

Coach should toss ball high enough to allow players to take a 4-step approach. Initial spiking attempts should emphasize reach, snap and hitting to far corner of the court.

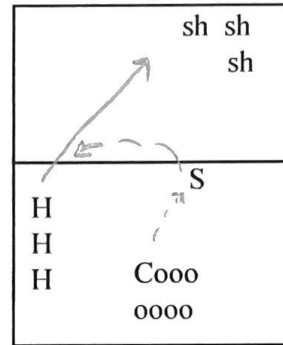
Divide group so some stay in spiking line (H) and others shag (sh), then flip-flop.



Beginners and shorter players will be more successful with sets further off the net. (behind the 10ft line)

### Basic Hitting from a setter:

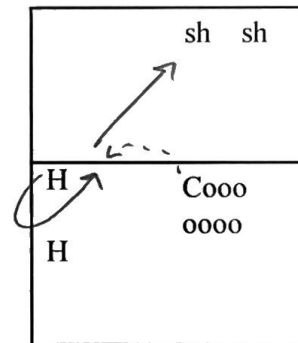
Coach tosses ball to setter (S), who sets hitter (H). Shaggers Flip-flop



### Transition Hitting:

Hitter starts at net. Transitions off to receive tossed ball from Coach. Flip-flop

Add Setter as in drill above.



### Pass/Set/Hit:

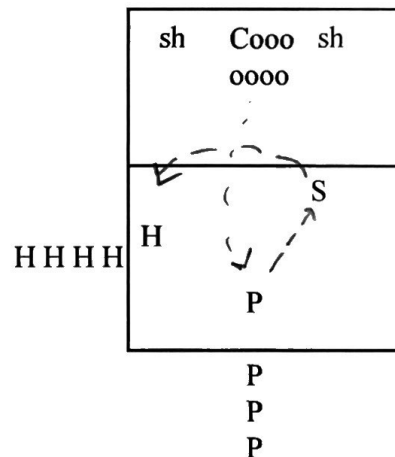
Receive toss from Coach across the net.

Pass to Setter

Set to Hitter

Passers go to end of hitting line.

Flip-flop



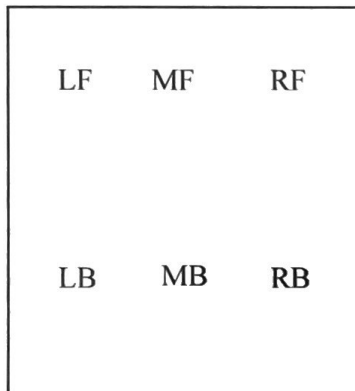
## Rotation & Overlapping

In the six person game, each player must keep track of where they are in relation to the players around them. When a player leaves before the ball is served or is in the wrong position in relation to her teammates, it is called an overlap.

To comply with the rules, left and right side players need to be wary of the players directly ahead and behind them in the rotation. For example, the left back needs to make sure that she is behind the left front and to the left of the middle back. A good rule of thumb is to think of it as an "L" shape. An upside down "L" shape also applies to the left front and right front.

Middle front and middle back players have to be mindful of the players on both sides of them and directly behind them. A middle front has to be to the right of the left front, to the left of the right front and in front of the middle back. Think of this as a "T" shape.

These rules apply before the ball is put in play both for the serving team and the receiving team. Many different formations can be used to receive serve as long as these rules are followed. If a team does not follow these rules, they will be called for an overlap and the other team scores a point.



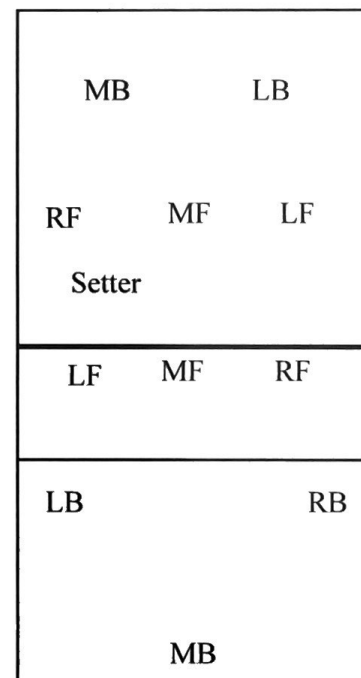
### BASE:

Simply speaking, your base is where you stand when the ball is on the opposite side of the net or when your team is serving. In BASE position, your goal is to get as close to the net and observe the offensive of your opponent so you can quickly get into defensive pattern.

You transition back to BASE after serve receive, and you transition from your base into defense and then back to your base.

Setter always plays RIGHT BACK defense in a 6-2 or 5-1, so she has the shortest distance to the Target area in Right Front.

offense



defense

**Base**

Rotation & Base

## Offenses:

### 4 - 2

The **4-2 serve receive** is the most basic volleyball offensive system. In a 4-2 system you have 2 setters and only 4 hitters. The two setters play opposite one another on the court. *The setter that is on the front row sets* for that volleyball rotation.

With a 4-2, it's much easier to adjust the formation because the setter lines up near the target because they are always a front row player.

Basic strategies for a 4-2 serve receive are...

#### Pass to the middle

Most beginner teams that run a 4-2 should pass the ball to the middle, then the setter has the option to set the hitters hitting outside and weakside. For a more advanced 4-2 offense, the setter can set out of Right Front. The hitters then have to the option to hit outside, middle, or back.

#### Train your setters to attack the second hit

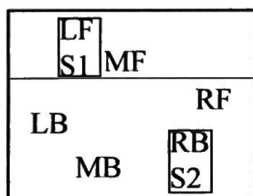
Since the setters are always on the front row when setting, they should be given the option to attack. Since you only have two players attacking at the net, the setter dumping or tipping can be an effective strategy.

#### Have an outlet

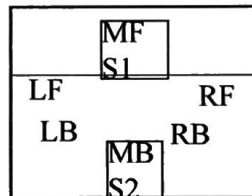
If your attackers are forced to receive the serve, or if the pass is so off target that you can't run the play, have an outlet set. Set a back row player to hit a 10 ball or set a ball high outside as an outlet for bad passes.

#### 4-2 Serve Receive (with Setter starting in the Left Front position)

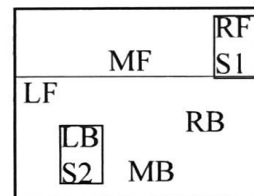
LF - Left Front  
MF - Middle Front  
RF - Right Front  
LB - Left Back  
MB - Middle Back  
RB - Right Back



Rotation #1 & #4



Rotation #2 & #5



Rotation #3 & #6

## Offenses:

### 6 - 2

Lining up in serve receive when running a 6-2 offensive system is popular because of the many options of how to line up on the court. In a 6-2, you have two setters so it's much easier to adjust the teams line up on the court than when running a 5-1.

For example, in a 6-2 volleyball offense, a team has 2 setters and 6 hitters. If a team get's stuck in a rotation, they can change their formation so the other setter can set.

Because of this flexibility, and the fact that you always have *3 attackers attacking on the front row*, the 6-2 is probably the most common offensive system in volleyball.

Basic strategies for a 6-2 serve receive are...

#### Setter lines up near the target area

The setter should line up on the court in the most convenient way to get in position to set. For example, if the setter is Left Back, they should line up as close to the middle of the court as possible. Also, the setter should come out of zone 1 to set as much as possible.

#### Have your best passers take the serve

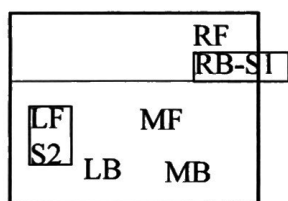
Most teams have players that can pass better than their teammates. Running an offense can be much easier if your team lines up so your best passers receive the serve.

#### Take your attackers out of serve receive

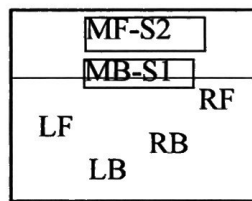
If your attackers are forced to receive the serve, it may be much harder to run an effective offense. For example, after passing, the attacker will have to get in position to approach and hit.

### 6-2 Serve Receive

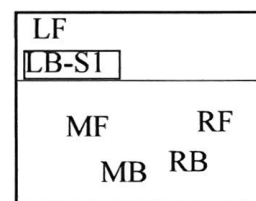
LF - Left Front  
MF - Middle Front  
RF - Right Front  
LB - Left Back  
MB - Middle Back  
RB - Right Back  
S1 - Setter #1  
S2 - Setter #2



Rotation #1 & #4



Rotation #2 & #5



Rotation #3 & #6

## Offenses:

### 5 - 1

Strategies for a 5-1 serve receive are slightly different.

In a 5-1 volleyball offense, a team has 1 setter and 5 hitters. The setter sets in every rotation. This is different from a 6-2 offense in that not only does the setter set when playing on the back row, but also across the front row.

When the setter is on the front row...

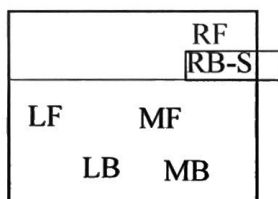
#### Have your backline players receive the serve

If your attackers are forced to receive the serve, it may be much harder to run an effective offense. Attackers being in a ready position to approach is even more important when the setter is on the front row because when the setter is in the frontline, you only have two frontline attackers.

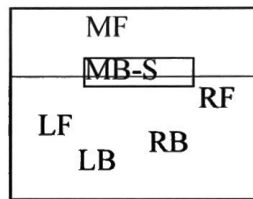
Here are some examples of volleyball serve receive rotations for teams running a 5-1 offense.

#### 5 - 1 Serve Receive

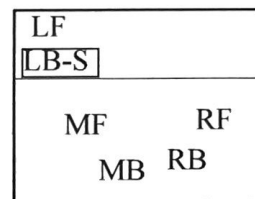
LF - Left Front  
MF - Middle Front  
RF - Right Front  
LB - Left Back  
MB - Middle Back  
RB - Right Back  
S - Setter



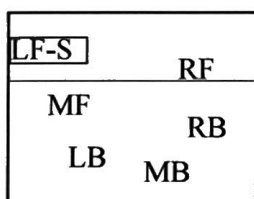
Rotation #1



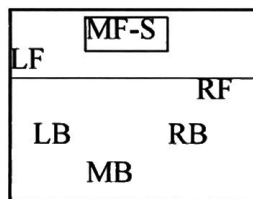
Rotation #2



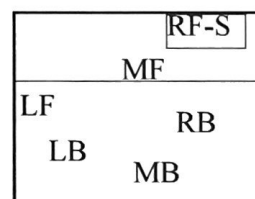
Rotation #3



Rotation #4



Rotation #5



Rotation #6