

# Alamo Volleyball Association Favorite Skill and Competition Drills Version 1.0

This document contains some of our coaches' favorite skill and competition drills for training volleyball at all levels. This by no means is a comprehensive collection, and we plan to continue to update this document with more drills as they are discovered and presented. Some drills were presented and not yet entered in this document, but we have held on to them for future publications. Some have been contributed, but no author was indicated. If you recognize your work, do let us know so that we can give you that credit.

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## Fundamentals / Skills

### Ball Control / Communication

#### 3-man or 4-man Pepper (Tip Drill)

**Objective:** Ball control and communication.

**Players:** 3 or 4 players per group. Divide net/court into 3 parts.

**Steps:** With group of 4, split into 2 player teams. Play ball out with pass, set, and tip. Ball crosses net, players switch roles. With group of 3, attacker goes to other side of net after tip is made and becomes that side's setter. Keep in play. Give a penalty if ball hits the floor. Alternatively, have players roll ball instead of tip.

**Contributor:** Robyn Wunderlich, Stacy Garner, Keith Wilson

#### Overpass Drill

**Objective:** Improve individual player's decision-making skills at the net.

**Players:** Pair up and stand across the net from each other.

**Steps:** Players on side A toss a ball underhand over the net for 3-5 minutes, while players on side B must decide to block, attack or pass the simulated overpass. Sides A and B switch roles.

**Contributor:** Joe Le

#### Cover Drill

**Objective:** Works on covering hitters, improve individual player's decision-making skills at the net.

**Players:** 3 defenders, 1 setter.

**Steps:** Coach hits from area 4 (if 2 coaches, run it from area 2 also) to 3 defenders. Defenders dig to setter who sets to coach, then coach tips the ball to the 3 incoming defenders who are covering, and so on. Rotate new defenders on.

**Contributor:** Rachel Elrod Torvik

#### 10-foot Tip Drill

**Objective:** Communication, teamwork & ball control.

**Players:** 2 groups, with all players starting on 10-foot attack line.

**Steps:** Coach tosses from sideline. Players have to get 3 touches before ball can go over the net. The last touch has to be a tip or roll and cannot land behind the 10-foot line. If it does, then the other team gets a point. Once a player touches the ball, that player must run to the baseline and come back. A player can not touch the ball 2 times in a row or the other team gets the ball and a point. No specific position. Play to 10 points.

**Contributor:**

#### Columbus

**Objective:** Communication, teamwork & ball control.

**Players:** 2 groups, 5 players on side (no MH), with remaining players entering at right back.

**Steps:** Object is to keep the rally going for a designated number of times the ball crosses the net, else all players have consequences. For it to count, there must be 3 touches on that side before it crosses the net. If it crosses without 3 touches, keep playing till you do get 3 touches for a given side. Coach tosses from sideline. After the ball crosses the net, all players rotate, where right front rotates off and the next player waiting rotates on at right back.

**Contributor:** Keith Wilson

**5-Man Down**

**Objective:** Communication, teamwork & ball control.

**Players:** 2 groups, 5 players on side (no MH), with remaining players entering at right back.

**Steps:** 2 out of 3 games to 15 points. Coach tosses from sideline to winning side. After the ball crosses the net, all players must rotate around the setter. Coach can change direction of rotation between dead balls.

**Contributor:** Toni Rocheleau

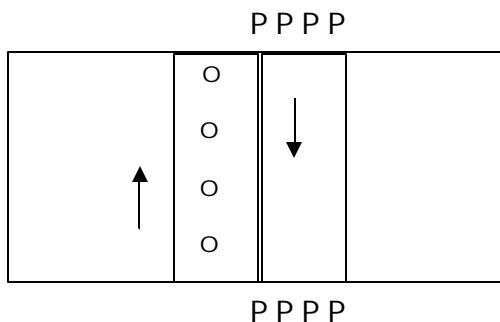
**Zone Ball Control Shuttle Drill**

**Objective:** Ball control.

**Players:** 2 groups, with all players starting on each side line between 10-foot attack line and net.

**Steps:** Use 4 cones or dots, placing dots in attack zones 2 & 4, creating a narrow lane near the net to focus players on their ball control. They simply pass or set back and forth in a shuttle format.

**Contributor:** Andy Danhof



**Communication Drill**

**Objective:** Promotes ball control, communication and teamwork.

**Players:** 2 groups of more than 5 players.

**Steps:** Group 1 has 3 players across in back row, with the rest of the girls in the group line up behind middle back. Coach stands on other side of net and pops over. If coach hits to middle person, everyone says, "stay" as she passes to target. If coach hits to RB or LB players, they pass, then moves to the end of the line behind MB. Everyone says, "Go", and the MB player shifts over to replace

the wing passer that just left the floor. The goal is 30 and can move up or down depending on skill level. Group 2 shags till Group 1 has finished, or switch groups when current group fails.

**Contributor:** Brandace Cantu

### Popcorn Drill

**Objective:** Promotes ball control, communication and teamwork.

**Players:** 3 lines of players on the baseline.

**Steps:** 3 players lay down in middle of court. Coach bounces ball in between players. Players pop up & communicate who is going to play the ball. Once player 1 passes the ball, she runs under the net to the other side to get ready to play, while player 2 & 3 set and hit ball over net. After each player contacts ball they run under net and play out the ball. Once all 3 players are on the other side, next group lays own.

**Contributor:** Brandace Cantu

## Serving

### Pressure Serving

**Objective:** Promotes serving accuracy.

**Players:** 2 groups on opposite end lines

**Steps:** One person from each team sits in area 1. Rest of the team serves area 1 until the person in area 1 catches 3-5 balls (servers chase own ball). Then a new person sits in area 2, and so on, until all areas are served.

**Contributor:** Rachel Elrod Torvik

## Passing

### Passing with tennis balls

**Objective:** Keeps knees bent and shoulders to target.

**Players:** Partners

**Steps:** Put tennis balls behind knees. Knees should be bent enough to keep tennis balls behind legs. Technique forces shoulders forward. Partner tosses ball or hits ball to passer/defender.

**Contributor:** Carol Price

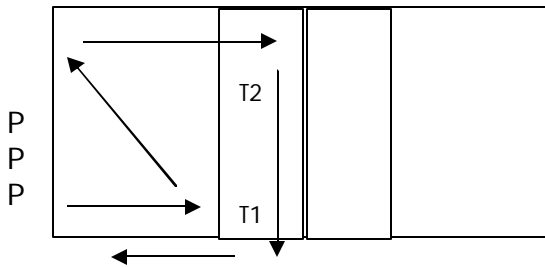
### Passing & Move

**Objective:** Footwork left to right passing.

**Players:** 2 groups (1 group is shagging/tossing, the other is passing)

**Steps:** 2 players (T1, T2) of group 1 are tossers standing on attack line. Other group starts at right back. 1<sup>st</sup> player up receives a tossed ball from T1 to pass back to T1. Player sprints to touch T1 hand. Player then sprints to left back for run thru tossed by T2. Player after the run thru sprints to the net, then shuffles along the net behind the tossers, then back pedals to the end of the line of passers.

**Contributor:** Stacey Garner



## Hitting

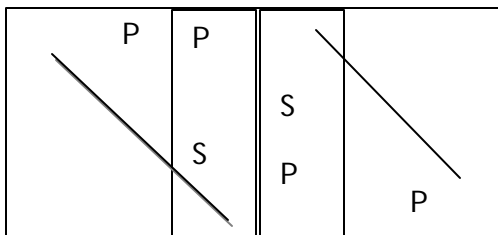
### Left vs. Left

**Objective:** Ball control, communication, teamwork.

**Players:** Pair up (1 left side hitter and 1 digger). One setter on each side of the court.

**Steps:** Coach tosses ball in. Players must hit cross court. Winner of rally stays and plays a new pair. Losers go off and switch positions. Set up boundaries for where hitters can hit, for example, all cross court. You can play right vs. right, back row vs. back row, etc.

**Contributor:** Pam Martinez, Toni Rocheleau



### Hitting technique with tennis balls

**Objective:** Snap and follow-through after hitting.

**Players:** Group with tennis balls and a group shagging. Player should start with 2 balls.

**Steps:** Approach and simulate a swing and throw the tennis ball over the net, then make another approach for 2<sup>nd</sup> ball. If player snaps and follows through, then the ball should bounce in and not fly out of bounds. With advance players, talk about hand position on the ball for hitting shots.

**Contributor:** Carol Price

## Serve-Receive

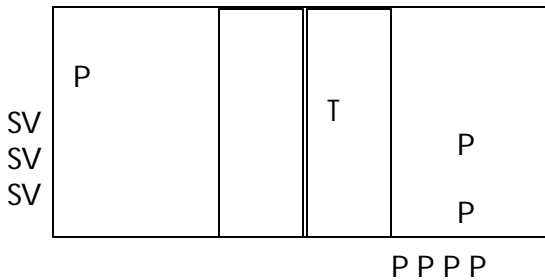
### S-R for individual points

**Objective:** Passing to target.

**Players:** All players. Start with 3 passers, 1 target, 3 servers. The rest wait to come on to pass.

**Steps:** Servers serve to whomever they wish. Passer passes to target for points. Target can only take one step to catch. If passer shanks, they immediately move to target and target to serve and server to passer line, and so on. If passer passes on target, everyone rotates over. Player w/ most points wins.

**Contributor:** Pam Martinez



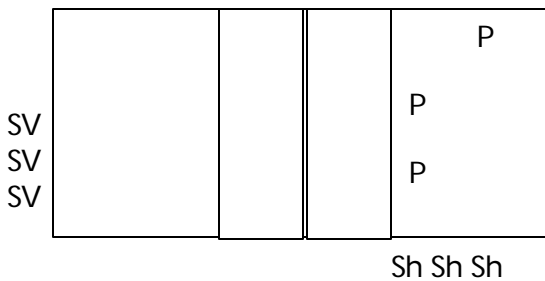
### 99

**Objective:** Promotes proper footwork (stepping to ball).

**Players:** All players. Start with 3 passers, 3 servers, 3 shaggers.

**Steps:** Round 1: 3 passers start on attack line. Servers must serve deep. On contact, passers turn hips towards court and get behind ball to pass for 33 good passes. Round 2: Move passers to baseline. Servers serve short. Feet need to be stopped – not a run-thru, for 33 good passes. Round 3: Passers start in normal position. Server serves anywhere, and passers must get 33 good passes.

**Contributor:** Leandra Valdez



## Blocking

### 12 point Blocking

**Objective:** Promotes blocking & 1<sup>st</sup> ball kill.

**Players:** 2 teams.



**Scoring:** Side A gets 6 balls to get 12 points. Ball is entered to side B first. If side A stuff blocks – 2 pts, slows it down – 1 pt. Side B scores with a 1<sup>st</sup> ball kill (could also give point if wins rally). Rotate after 12 points.

**Contributor:** Leandra Valdez

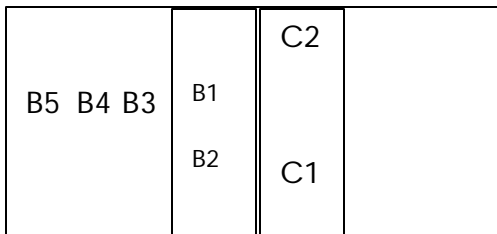
**Swing Blocking**

**Objective:** Promotes aggressive/attacking blocking technique for advanced players against fast-tempo offenses.

**Players:** 4-5 players in a line. 2 players start at the net in a legs “loaded” and “ready” position.

**Steps:** Two coaches on chairs about 5 feet apart from each other, with shaggers handing balls to them. 2 blockers on other side of net, splitting the difference between the coaches, and ready to transition to block. Blockers B1 & B2 transition to block on slap of ball by C1. Then C2 goes, and B1, B2 goes and swing blocks again. B1 goes off, B2 becomes B1, and the next blocker B3 takes B2 place. Process starts again with C1. You could have 2 players work on coverage of the hitting coaches.

**Contributor:** Keith Wilson



**Setting**

**Free ball Distribution**

**Objective:** Promotes setters to mix up sets on free balls.

**Players:** 2 teams.

**Scoring:** Coach alternates tossing free balls to each side. First team to have all 3 hitters get a kill wins the game. For example, if setter for team A sets to left side hitter and she gets a kill, then she is out and cannot be set any longer.

**Contributor:** Brandace Cantu

**Defense**

**Touch 10**

**Objective:** Teach aggressiveness on defense, read and react.

**Players:** 3 lines of hitters with 1 setter, and 1 defender on opposite side.

**Steps:** Coach tosses to setter, and set can go to any of the 3 hitters (any set). Hitters try to keep ball away from defender. The defender must touch 10 balls before rotating out. Defender can start anywhere they want.

**Contributor:****DIG or DIE (5v5)**

**Objective:** Teach digging in 1 on 1 situation and to develop an aggressive mentality when playing defense.

**Players:** 2 teams of 5 (no middles)

**Sequence:** One team receives free balls or down balls from a coach for entire game.

**Tempo:** Normal game pace

**Scoring:** Rally scoring. If the ball hits the ground without being touched by the block or digger, that team loses all points. Thus, the score can be 7-1 and if the ball lands untouched on the side with seven points, the new score is now 0-2. Play games to 8 points and then rotate and sub.

**Contributor:** Howard Wallace

**Get 4**

**Objective:** Promotes ball control to target from hard driven hit or tip.

**Players:** 3 players starting from behind right side baseline.

**Sequence:** One player digs/blocks 6 balls from coach standing on chair on other side of net, area 4.

**Steps:** 1 - Right back dig. 2 – Dig tip in front of attack line. 3 – Block at net. 4 – Dig left back. 5 – Dig tip at left front. 6 – Dig hard hit at middle of court. If player digs 4 out of 6 balls, that player is done, else goes back in line.

**Contributor:**

**Whiplash**

**Objective:** Promotes ball control to target from hard driven hit or tip.

**Players:** 2 groups of players. 1<sup>st</sup> group lines up at right back behind service line.

**Sequence:** One player digs 4 balls then hits 5<sup>th</sup> ball in area 4.

**Steps:** 1 - Right back dig. 2 – Dig tip in front of attack line. 3 – Run through pass from deep corner. 4 – Dig left back. 5 – Hit high outside ball. Next players steps up.

**Contributor:** Sarah Barrientes

**Competition Drills****S-R Wash Drill**

**Objective:** Free ball and transition efficiency

**Players:** 2 teams

**Sequence:** Side A receives a serve from side B. Play point out. Winner of rally gets a snapped ball. Play point out. If one side wins both rallies, they earn a BIG point. If rallies are split then it is a wash.

**Tempo:** Normal Game pace.

**Scoring:** Wash scoring. Rotate and sub every 3 points. Serve alternates to each side. Play to 15 BIG points.

**Contributor:** Howard Wallace

### 7-up

**Objective:** Team work, conditioning

**Players:** 2 teams

**Sequence:** Alternate serving team after "7" has been scored.

**Tempo:** Quick pace

**Scoring:** One side serves and then the coach initiates free balls to the winning side until one team gets 7 points. Bonus points (i.e. 2 pts) can be earned for kills in the corner, stuff blocks, clean tip (no one touches the ball) or back row attacks. Coaches should initiate balls quickly to keep movement and focus high. Switch serving & receiving teams after each game.

**Contributor:** Andy Danhof

### 7 Before 4 Serve-Receive Drill

**Objective:** Team work

**Players:** 2 teams

**Sequence:** One team receives serve for entire game.

**Tempo:** Normal game pace

**Scoring:** Winner of each rally gets a point. RECEIVING team must get to seven to earn a big point while the SERVING team must get to four to earn a big point.

Both sides rotate and sub after every big point. The first to SIX BIG POINTS wins.

Switch serving & receiving teams after each game.

**Contributor:** Howard Wallace

### 4 Shizzle drill

**Objective:** Increase defense intensity transition to offense.

**Players:** 2 teams

**Sequence:** Side A receives down balls from a coach until that team loses the rally. Continue till one team wins 4 rallies in a row. Ball 1: Down ball to LF. Ball 2: Down ball to LB. Ball 3: Down ball to MB. Ball 4: "Crazy ball" (out of system) OR Serve-Receive.

**Tempo:** Fast pace. Don't wait for team to be ready to put ball into play.

**Scoring:** 1<sup>st</sup> team to win 4 rallies gets the "shizzle" (1 BIG point). Both team rotates and sub with each shizzle. Play to 7 BIG points.

**Contributor:** Keith Wilson

### 6 Before 4 Free-ball Drill

**Objective:** Team work

**Players:** 2 teams

**Sequence:** One team receives free ball toss for entire game.

**Tempo:** Normal game pace

**Scoring:** Winner of each rally gets a point. RECEIVING team must get to six rallies to earn a big point while the defensive team must get to four to earn a big point.

Both sides rotate and sub after 2 big point. The first to 8 BIG POINTS wins. Switch receiving teams after each game (1 BIG point).

**Contributor:** Keith Wilson

### 8 to 12 Side-out Drill

**Objective:** Promotes efficient side-outs on kills

**Players:** 2 teams

**Sequence:** One team receives all serves for entire game.

**Tempo:** Normal game pace

**Scoring:** Team A must score 12 points before Team B scores 8 points. Team is a full 6 player line-up, team B is of whoever is left and always serves. Team A earns 3 points for getting a kill/side-out immediately and 1 point for getting a kill/block after a rally. Team B earns 1 point for winning the point in any way. Team A rotates any time it scores.

**Contributor:** Joe Le

### 15 point Transition Drill

**Objective:** Works on transition to offense and defense reading.

**Players:** 2 teams. Team A puts 6 players. Team B puts 3 defenders on with 2 coaches on chairs.

**Sequence:** Team A blocks and transition from hit by coach. Each coach has 5 balls (10 balls total).

**Scoring:** 1<sup>st</sup> team to 15 points wins. Defenders must dig and catch the ball in order to stop Team A from scoring. MH kill – 3 pts. RH kill – 2 pts. LH or back row kill – 1 pt.

**Contributor:** Carol Price

### Finish It (6v6)

**Objective:** Promotes intensity to finish game at game-point.

**Players:** 2 teams.

**Sequence:** Start score at 18-18.

**Tempo:** Normal game situation.

**Scoring:** When a team scores 24 points, then they must get the 25<sup>th</sup> point on the very next ball or goes back to 18, while the other team keeps their score.

**Contributor:** Robyn Wunderlich

### Setter Dump (6v6)

**Objective:** Promotes intensity.

**Players:** 2 teams.

**Sequence:** Start score at 0-0. Go to 10 points.

**Tempo:** Normal game situation.

**Scoring:** Play rally scoring game to 10 points, but if setter dumps wins a point, then game is over.

**Contributor:** Robyn Wunderlich

### Baseball

**Objective:** Promotes scoring from free balls, obtaining side-out, defense intensity.

**Players:** 2 teams.

**Sequence:** Serving team is the team in the field. Receiving team is at bat.

**Tempo:** Normal game situation for serving team, fast-pace for receiving team.

**Scoring:** Server is the pitcher. Object is for the serving team to gain 3 outs by winning 3 rallies, while limiting the receiving team (batter) runs. When the receiving team wins a rally from a served ball, the coach tosses the receiving team a free-ball. If the receiving wins THAT rally from the free-ball, they get a run (point), and then gets another free-ball tossed to them. Play continues until the serving team wins a rally (that is, gets an "out"). Serving continues to pitch till 3 outs are obtained, then they go to bat, and the receiving team goes to the field and pitch (serve). Play for 6 innings (6 rotations). The team with the most runs wins. Make subs as necessary.

**Contributor:** Keith Wilson