

Middle School Coach Clinic

Kyle Mashima
July 2012

Introduction

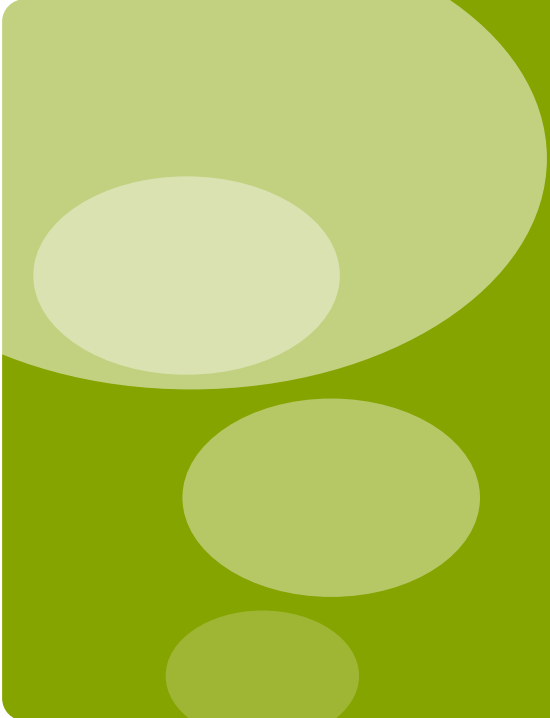


- This is a “hands on” clinic designed for coaches teaching young, novice to low-intermediate level players
- While participation is NOT required, you will learn better if you participate because you will appreciate your players’ difficulties
- Wear gym clothes and knee pads

Agenda



- Part 1
 - Understanding the game you play
 - Hands on demo
 - Prioritizing what you teach
 - Learning teaching methodology
- Part 2
 - Effort
 - THE RULE
 - Passing
 - Survival Skills 1,2,3
- Part 3
 - Setting
 - Standing spike
 - Survival Tactic 1
 - Serving
 - Survival Skills 4,5
- Part 4
 - Serve receive
 - Survival Tactics 2,3,4
 - Survival Skill 6



Part 1: Understanding Volleyball

Process



- I will try to build your understanding in a layered, step-by-step way
- However, the reality is that we won't all start from the same place
- Many things work in parallel or slightly different sequences
- I will teach **pragmatic** volleyball, not aesthetic volleyball
- We will work backwards
 - Understand game skills needs
 - Learn ball handling skills

Let's Be Clear



- **Your #1 Opponent is TIME**
- You must:
 - Understand the game you trying to play
 - Have well defined goals
 - Understand **efficient** ways to teach the game
 - Create a fun, rewarding environment

First: Understand “What Game Are You Playing”



- You're probably **trying** to play Pass-Set-Hit volleyball
- My guess is that your game looks more like this:
 1. Serve
 2. Receive the serve
 3. Chase down the first ball (the errant serve receive pass)
 4. Chase down the second ball
 5. Receive a returned ball, repeat 3 & 4
- Or worse
 1. Serve
 2. “yours!” – ball hits the floor

Second: Have Clear Goals



- Your Goals (my guess)
 - Teach volleyball skills
 - Teach pass-set-hit volleyball
 - Learn teamwork
 - Wins some matches
 - Have fun

- Alternate Reality (game time goals)
 - Serve in
 - Keep the ball alive
 - Have fun

The Catch-22



- You need to teach basic skills to play the game
- But basic skills are difficult to learn fast enough to play the game well
- “I don’t have time to teach skills, we need to play volleyball, now!”
 - Sounds like Yogi Berra –
 - “nobody goes there anymore, it’s too crowded”
- What do you do?

About Volleyball



- Volleyball is a very difficult sport
 - The “zero energy” state = “dead ball”
 - The only team sport that requires the ball to be in the air
- **If you don't keep the rally alive, you won't learn much volleyball**
- For novice players, it's very hard to keep the rally alive

Third: Understand Efficient Ways to Teach the Game



1. Understand motor learning concepts
2. Instill the right behavior
3. Must balance basic skill training with game play skills
 - a. Teach basic skills – serve, pass, set, hit
 - b. Teach “survival skills & tactics”
 - c. Prioritize training based on skills USED during the game
4. Be efficient with your time



Drill Break

A team demo



Drill Break – Part 1



- 12 coaches, knee pads and willingness to go to the floor
- Shuttle warm up – groups of 4 over the net, switch sides
 - Add in-a-row competition
- 4 on 4 game – Around-the-World format
 - I will call when I toss the ball:
 - “1st ball” = 3 hits left
 - “2nd ball” = 2 hits left
 - “3rd ball” = 1 hit left
 - Add Scoring
- What did you notice about the drill versus the game?

Key Points



- Show more, Talk less
- Have clear goals
- Score to increase focus, intensity
- Warm up using the ball
- The drill skill execution didn't look much like the game skill execution

Drill Break - Part 2



- Chase
 - 3 in the court, 6 on sideline
 - Coach tosses ball behind the players
 - 3 touches to get the ball over the net
 - Scoring
 - -1 doesn't make it over the net
 - 0 over the net but not in
 - 1 in the court – immunity point
 - Consequence
 - Half court bear crawl
 - Discuss improvements

Drill Break - Part 2 (cont)



- Chase + Slide
 - Chase Drill with New Rule
 - Make an effort to get to the ball, fall and slide even if you can't get there
 - If no one slides, everyone will slide
 - Slide Drill first
 - Go to knees and the slide on forearm

Drill Break – Part 2 (cont)



- Chase
 - Discuss improvements
 - Effort score – immunity point?
 - No effort penalty
 - Variations on the drill
 - Everyone must touch the ball
 - Different types of tosses or hits
 - Extra points for hitting the ball back
 - Extra points for putting the ball into the deep corners
 - Review and discuss

How to Drill



- Have a clear goal for each drill
- Show more, Talk less
- Use Keys – “feet to ball”
- Score the drill – use a whiteboard
- Have consequences
- Avoid long waits between contacts
- Ask players how to improve the drill
- Structure drills to practice success
- Cycle between controlled and random ball movements



1. Motor Learning Concepts



- Specificity - skills are very specific motor responses and don't transfer well:
 - A good soccer player does not equal a good volleyball player
 - The physical action must be near identical to transfer – throwing vs hitting
 - Learn at full speed – avoid half-speed drills
 - Try to create “game like” conditions when possible
- Randomness is important
 - Alternate between controlled and random ball movement drills
- Whole vs Part: try to teach the entire movement in the skill whenever possible

1. Motor Learning (cont)



- Show more, Talk less
 - Audio retention is low, visual retention is high
 - Use KEYS – short phrases like “feet to ball”
 - Demonstrate the skill
 - Have a clear goal
 - Do the skill
- Seek “mindful repetitions”
 - Player is thinking about the drill
 - Player is executing the skill correctly
- Provide feedback
 - Be specific
 - Ask for what you want, not what you Don't Want

2. The Right Behavior: EFFORT



22

- Effort can make up for lack of experience, skill and athletic ability
- Getting to the ball is more important than using good technique*
 - Good technique can't be applied if you don't get to the ball
- Reward EFFORT because it will keep the rally alive and if the rally is alive, your team will learn more volleyball
- Teach safe ways to hit the floor
- **It's really FUN to make a great save and there's lots of opportunities to do this – maybe this is THE GOAL for your team**

3c. Teaching Priorities



- If keeping the rally alive is top priority, then your teaching priorities are:
 1. Consistent serving
 2. Ability to get to the ball
 3. Ability to get the ball up
 4. Communication
 5. Passing skills
 6. Setting skills
 7. Hitting skills
 8. Team skills

4. Be Efficient

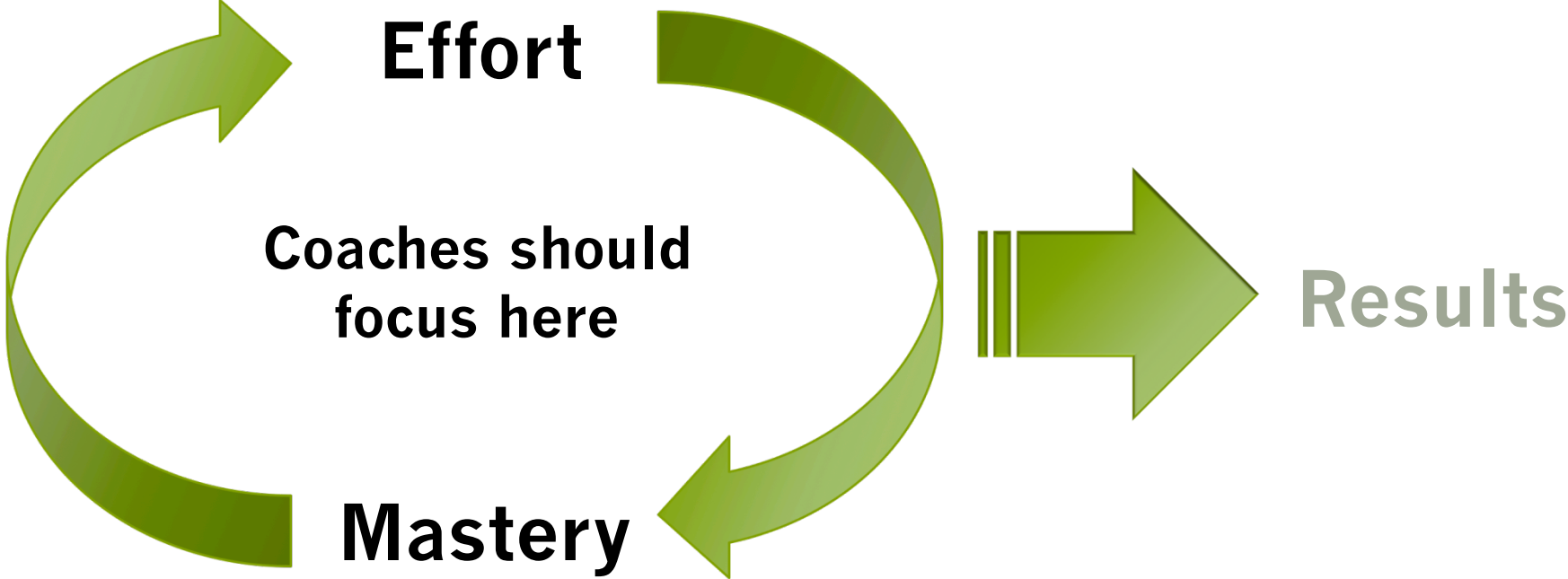


- Come prepared with a practice plan and clear goals
- Warm Up using the ball
 - DON'T run around the gym
 - DON'T do static or dynamic stretching
 - DO easy bumping or pepper
 - Gym time is precious, act like it – be “mindful”
- Maximize the number of quality contacts per practice
- Go from “coach initiated” to “player initiated” drills

Effort and Mastery




25



Review and Next Session



- Review
 - Your goal – keep the rally alive
 - Reward effort
 - Getting to the ball is more important than good technique
- Questions?
- Next Session
 - Passing basics
 - **Survival skills**
 - Be ready to participate



Part 2: the Platform, Effort, Passing, Survival

Quick Review



- To learn volleyball, **keeping the rally alive** is the top goal
- Prioritize your training
 - Serve in
 - Get to the ball
 - Get the ball up
 - Move toward pass-set-hit
- Reward effort

How to Drill - Review



- Have a clear goal for each drill
- Show more, Talk less
- Use Keys
- Score the drill – use a whiteboard
- Have consequences
- Avoid long waits between contacts
- Ask players how to improve the drill
- Structure drills to practice success
- Cycle between controlled and random ball movements



Drill Break



The Platform and Shuffle



31

- All Coaches
- Athletic stance
- Hands out in front
- Shuffle and keep upright

- Goals
 - Get comfortable shuffling to move around

- Keys
 - Athletic stance
 - Hand out front
 - Knees bent

Survival Skill 1 – Shuffle-Slide



- Shuffle – Slide
 - From Athletic Stance – slide on to knee pads, then sprawl
 - Practice going right, left, or forward and slide
 - Go slow, then faster – BE SAFE
 - Toss a ball and slide in the direction of the ball, hit the floor when the ball hits the floor
- **The Pavlov's Slide**
 - Visualization – “I’m a Labrador, I want the ball”
- Goals
 - Always move toward the ball and fall to floor
 - Learn to slide safely
- Keys
 - Stay low
 - Slide to pads
 - Sprawl with hands

NOTE - Expectations



- Your actions set EXPECTATIONS
- **GETTING TO THE BALL** MUST be your #1 Priority
 - Reward effort
 - Make it clear that this what you want AT ALL TIMES
 - Going to the floor is EXPECTED, it is NOT AN OPTION
- If you INSTILL this expectation AND it becomes Second Nature, you and your team will have a fun season

“Face the ball”



- If you face the ball at all times, you will react better
- 2 person passing demo
- Play defense particularly against your own teammates
- 4 person – “face the ball” toss
 - Stand at corners of square
 - Athletic stance, hand out in front
 - Toss ball from one person to another
 - Call person’s name, catcher calls “mine”
 - Others shuffle feet and face the ball

Receive Fundamentals



- Passing Basics
 - Right foot forward
 - Feet shoulder width apart
 - Arms in front, knees bent
 - Join hands to pass, lock elbows
 - Face the ball, tilt arms to the target
 - Try to get the ball between your shoulders instead of to the sides

- Keys
 - Athletic stance
 - Face the Ball, Tilt to the Target
 - Midline Pass
 - Stop and Pass

Passing – Warm Up



- **Bump to self**
 - Toss ball in the air
 - Forearms horizontal, elbows locked
 - Bump ball back up
- Goals
 - Gain a “feel” for the ball
 - Count how many in-a-row
 - Stay in one spot
- Keys
 - Athletic stance
 - Shuffle, stop
 - Elbows locked
 - Watch ball to arms

Judging Trajectory



This is hard to do but will separate passing technique from ball reading judgment. Players who do this well WILL become your best passers.

- **Straddle the Ball**
 - Player enters from side line
 - Coach toss ball from other side of net
 - Player shuffles and stops and tries to get ball to bounce between legs
- Goal
 - Get ball to bounce between legs without jumping over the ball
- Keys
 - Quick shuffle, watch ball
 - Face the ball, hands down

Passing - Basic Drill



*Do this drill correctly. Ball should come from net and be passed towards the net. It's even better if the ball comes over the net. Try to simulate "game like" conditions.

- **2 person pass** (3 pair on each side of court)
 - *Tosser at 10 ft line, Passer 10 ft away
 - Easy toss to passer
 - Passer shuffles, stops, passes to tosser
 - Catch the ball, toss again
 - Do 10, switch roles
 - Variations
 - Toss short, toss deep
 - Toss left, toss right
- Goals – 10 perfect passes back to tosser
- Keys
 - Shuffle, Stop and Pass
 - Elbows Locked
 - Ball between shoulders
 - Watch the bottom of the ball

Passing Drills



- **3 person over the net pass to target**
 - Tosser, Passer, Target
 - Toss over the net to passer
 - Passer passes to the right to target near net
 - Shuffle feet
 - Midline pass
 - Face the ball, Shuffle, Stop, and Tilt
 - 10 tosses, rotate positions

- Goals – 10 perfect passes

- Keys
 - Shuffle, Stop
 - Ball between shoulders
 - Face the ball, tilt to target
 - Watch the bottom of the ball

Passing Drill



- **3 Person Triangle**
 - Stand in a triangle
 - Pass ball to the right, counter-clockwise
 - Good warm up drill
- Goals
 - How long can you go? Count in-a-row
 - Learn to face the ball, tilt to the right
- Keys
 - Face the ball, tilt to target
 - Shuffle, stop

Survival Skill 2 - Over-the-Head Pass



This is a good drill to score to show the team that they are getting better at it. There will be low success at the beginning of the season but the numbers should get better with more reps.

- For chasing down errant pass and bringing the ball into the court or over the net
- Progression - Lateral pass then over-the-head pass
- **Lateral Run Through**
 - Lineup at sideline, 20ft back, player enters court
 - Coach tosses ball to the side of player
 - Player must run and pass the ball back to coach
- Goal
 - Perfect pass to coach
 - Score – 1 playable, 0 error
- Keys
 - Watch the ball
 - Elbows locked
 - Tilt to target

Survival Skill 2 - Over-the-Head Pass



This is a hard drill but the poorer the ball control, the more it will be used. Chasing down the ball IS a SKILL.

- **180 Pivot and Bump**
 - Players enter from sideline to center court
 - Coach tosses ball over her head
 - Player pivots, chases ball, bumps ball over the head
 - Shags ball
- Goals
 - Perfect pass to coach
 - Score – 1 playable, 0 error
- Keys
 - Watch the ball
 - Elbows locked
 - Square back to target
 - Bump high
- Variation
 - Bump the ball into the other court

Survival Skill 2 - Over-the-Head Pass



- **180 Shuttle** (difficult)
 - I like this drill because it is player initiated, requires focus and can be used as a warm up
 - 4-6 players, standard shuttle structure
 - Bump ball straight up, turn 180 degrees, bump to teammate, switch lines
 - Bump over the net to make it harder

- Goal
 - Max in-a-row, record score, do better net time
 - Compete with other teams, keep going the longest

- Keys
 - Small shuffle, watch ball,
 - Square back to target, bump high

Survival Skill 3 – One Arm Dig



- To reach balls that are far away or when you're sliding
- Technique
 - Make a flat fist, thumb to the side of fingers
 - Swing arm at the ball
- Goal
 - Get the ball up high enough for a teammate to reach
- Keys
 - Flat fist
 - Stiff arm
 - Swing up

Survival Skill 3 – One Arm Dig



- **Lateral Run Through – One Arm Dig**
 - Lineup at sideline, 20ft back, player enters court
 - Coach tosses ball in front of player
 - Player must run and pass the ball back to coach
 - Change entry side and arm used
- Goal
 - Put ball high to center of court
 - Score – 1 playable, 0 error
- Keys
 - Watch the ball
 - Flat fist
 - Stiff arm
 - Swing up

Survival Skill 3 – One Arm Dig



- **Shuffle-Slide One Arm Dig**
 - Enter from back center
 - Coach tosses ball to either side
 - Player shuffle-slides and digs ball
- Goal
 - Put ball high to center of court
 - Score – 1 playable, 0 error
- Keys
 - Get low
 - Watch the ball
 - Flat fist
 - Stiff arm
 - Swing up

Integration of skills using Randomness



- Integrate basic pass with Survival Skills 1,2,3
- **Chase**
 - 3 in the court, enter from sideline
 - 3 hits to get the ball over the net
 - Add **THE RULE** – next slide
- Goals
 - Get to the ball, show strong effort
 - Team movement
 - Get ball over the net
- Keys
 - Face the ball, Get low and slide
 - Watch bottom of ball
 - Stiff arm, Flat fist
 - Swing up



48

The **RULE**

- How to instill the Pavlov's Slide
- Rule
 - Someone must move towards the ball and slide to floor even if it is out of reach
 - If no one slides, coach tosses ball and everyone slides
- Tell your players
 - If you do The Rule, you will be far at first, then get closer, then touch the ball, then make a great save
 - It WORKS!
 - If you don't make an effort, the rally ends, THEY get a point

Review and Next



- Review
 - Good platform, Shuffle
 - Face the Ball
 - Basic Pass – face the ball, tilt to target
 - Survival Skills 1,2,3
 - Shuffle-slide,
 - Over-the-head pass
 - One arm dig
 - THE RULE
- Next
 - Set, Hit, Serve
 - Survival **Tactic 1**

Quick Review



- To learn volleyball, **keeping the rally alive** is the top goal
- Prioritize your training
 - Serve in
 - Get to the ball
 - Get the ball up
 - Move toward pass-set-hit
- Reward effort



Part 3: Set, Hit, Serve

How to Drill - Review



- Have a clear goal for each drill
- Show more, Talk less
- Use Keys
- Score the drill – use a whiteboard
- Have consequences
- Avoid long waits between contacts
- Ask players how to improve the drill
- Structure drills to practice success
- Cycle between controlled and random ball movements

Basic Set



- Technique
 - Athletic stance
 - Hand above head, shaped like the ball with thumbs back
 - Look through hands to align the ball
 - Shuffle to ball
 - Bring hands and arms back as ball makes contact, bend knees
 - Push through, arms straight, legs straight – Superman
- Goals
 - Get balls resting on fingers
 - Push ball into the air to near target
- Keys
 - Feet to ball, Hands high
 - Shape the ball, Coil down
 - Catch and throw
 - Superman

The Hands



It is common to jam fingers. Make sure that thumbs and index fingers are facing away from the ball.

Remind players that they would not catch a basketball or football with fingers facing the ball.

“Protect your fingers”

- To “Shape the Ball” with your hands
 - Place hands on hips – thumbs and index fingers around your waste
 - Maintain hand shape, bring hands up above head
 - Move hands close together with thumbs and index fingers separated by about 2 inches
 - Look through “the window” created by the index fingers and thumbs

Setting Drills



- **Set to self**
 - Toss ball up
 - Shuffle under ball
 - Hands high, sight through hands
 - Flex arms, knees
 - Set the ball, repeat
- **Goal**
 - As many in-a-row as possible
 - Small, quick shuffle
 - Control and height
- **Keys**
 - Quick shuffle, Hands high
 - Shape the ball, Coil down
 - Superman

Setting Drills



- **Set to partner**
 - For controlled reps, toss and catch
 - As skill gets better, set back and forth
 - Shuffle under ball
 - Hands high, sight through hands
 - Flex arms, knees
 - Set the ball, repeat

- **Goal**
 - As many accurate sets in-a-row as possible
 - Small, quick shuffle
 - Control and height

- **Keys**
 - Quick shuffle, Hands high
 - Shape the ball, Coil down
 - Superman

Hitting Part 1 – Standing Hit (Downball Hit)



- Basics
 - Swing both arms up
 - Right-handers
 - Bow and Arrow
 - Point to ball with left hand
 - Pull right arm back, palm facing away
 - Twist at waist, open up 45 degrees
 - Transfer weight to right foot
 - Step forward
 - Reach high and swing through ball with open hand
 - Snap wrist and follow through
- Keys
 - Bow and Arrow, Reach high
 - Big hand, Snap wrist
 - Drive through

Hitting Part 1 – Standing Hit (Downball Hit)



It's important to toss the ball correctly. The 2 hand toss motion will prepare for spiking. Ball needs to be tossed high to be realistic.

- **Hit To Partner** or Wall
 - Hold ball with 2 hands
 - Toss ball high
 - Raise both arms
 - Bow and Arrow
 - Point to ball with non-hitting hand
 - Swing through
- Goals
 - Good contact, top spin, control, power
- Keys
 - Bow and Arrow
 - Reach high
 - Big hand
 - Snap wrist
 - Drive through

Hitting Part 1 – Standing Hit (Downball Hit)



Setter should focus on setting “straight up”. It’s easier for the hitter to move toward the setter than to guess how far away the set will go.

- **Deep “2”**
 - Enter from end line
 - First player is the setter moves to mid court
 - Second is hitter, tosses ball to setter
 - Setter sets a “2” set back to the hitter
 - Hitter stands and hits over the net
 - Setter shags, hitter becomes setter, next hitter comes in
- **Goal**
 - Learn to hit a down ball
 - Play deep court volleyball
- **Keys**
 - Feet to ball
 - Bow and Arrow
 - Big hand
 - Reach high and snap wrist



Survival Tactic 1



Survival Tactic 1 - **small-pass-set-hit**



- We try to play **BIG-PASS-SET-HIT**
 - The ball travels about 15 ft to the setter, then 15ft to the hitter
 - Each skill done poorly propagates error
 - The probability of a successful play rapidly approaches zero
- **small-pass-set-hit**
 - Pass the ball to the person next to you
 - Set the ball back to the passer
 - Hit the ball from where you are, no big approach, no big set to judge
 - Will dramatically increase your team's success
 - Will look like volleyball
 - Will increase FUN

Integration – small pass-set-hit



- **2 Down Drill**
 - 2 players lie down at endline
 - Coach bounces ball towards players
 - Players get up and do small pass-set-hit
 - Use THE RULE
- Scoring
 - 1 pt – hit into other court
 - 0 pt – bump into other court
 - -1 pt – error
- Goals
 - Learn small pass-set-hit
 - Learn deep court volleyball
- Keys
 - Anticipate, Feet to ball
 - Setting and Hitting keys



Serving



Serving



The #1 issue that the US National Team coaches have is that we don't serve well as a country compared to other countries. We need to spend more time serving.

- This the most important skill
 - Great serving can neutralize a strong competitor
- It's the easiest skill
 - The only skill where you have control of the ball
- It's the most under-practiced skill*

Teaching Considerations



65

- Be careful not to serve ball after ball
 - Hard to be “mindful”
 - It’s not “game like”
 - Do serving at several different times during practice
 - Use a whistle when appropriate
- Teach “success”
 - Bring players closer to the net if necessary
 - Use a flat fist
 - it requires less arm strength while using good mechanics
- Play FUN games

Serve Fundamentals - Overhand



- Make motions compact
 - Larger motions increase the chance for error
 - The **Toss** is critical
- Stance (for right hander)
 - Left foot forward
 - Chest 45 degrees to net
 - Ball in left hand – I like to have the label facing me as a target
 - Right arm back, hand straight up, stiff wrist, open hand and elbow high

Serve Fundamentals – Overhand (cont)



- Toss
 - Limit toss to just above head
 - Stand at net to see height of toss
 - Move left arm up and let the ball float out of the hand, minimum rotation
- Swing
 - Come forward quickly, lead with elbow
 - Visualize “hammer the nail”
 - Hit the ball in the center and drive through
 - Use flat fist if not enough power rather than a bigger swing

Serve Fundamentals – Overhand (cont)



Two most common errors are:
1. Toss is TOO HIGH
2. Too big a swing
Motions should be compact,
focused and efficient. This
is NOT like a tennis serve.

- Goals
 - Consistent toss
 - Compact swing
 - Consistent successful serves
- Keys
 - Load – arm back
 - Short toss
 - Hammer the Nail
 - Be compact

Overhand Serve Drill



Wall Serves – mark a spot that is about 8-9 ft high. Serve to the spot from about 10 ft back then move backwards as power and accuracy increase.

- Serve to partner or Wall
 - For right-handed server
 - Hold ball in left hand, Load – cock arm
 - Low toss (initially measure at net)
 - Stiff wrist, open hand
 - Toss and swing
 - Stand at 10 ft line
 - Move back as accuracy and power increase
 - Use flat fist if not enough power

- Goals
 - Good contact, accuracy, consistency

- Keys
 - Load – arm back
 - Short toss
 - Hammer the Nail
 - Be compact

Serve Fundamentals - Underhand



- Right-hander
 - Left foot forward, right back
 - Hold ball with left hand
 - Flat fist, thumb to side
 - Arm straight, elbow locked
 - “Bowling Position”
 - Bend forward, swing right arm back
 - Swing forward through ball
 - Start by not releasing the ball
 - When consistent, release the ball with a small toss
- Goals
 - Consistent contact, Consistent good serve
- Keys
 - Ball low, Flat fist
 - Lock elbow
 - Head down, watch ball
 - Smooth swing

Underhand Serve Drill



- Same as overhand
 - Start at mid court, serve to partner
 - Move back with consistent success
- Goals
 - Consistent contact
 - Consistent good serve
- Keys
 - Ball low
 - Flat fist
 - Lock elbow
 - Head down, watch ball
 - Smooth swing

Survival Skills 4 & 5

Sky Ball, Side Arm Serves



- If you don't have any good overhand servers and your opponent does, try:
 - Sky Ball
 - In a high ceiling gym, serve very high
 - Hard to judge, leads to “yours” and drops between players
 - Side Arm Serve
 - Easy to deliver a flat, fast, float serve without a lot of arm power
 - Power without the toss problems of overhand serving
 - Used by the Japanese National Teams from 1960 to 1990

Survival Skill 5 – Side Arm Serve



- Right-hander
 - Face the right sideline
 - Hold ball with left hand, arm straight out, chest high
 - Flat fist, locked elbow, straight right arm
 - Swing right arm back, parallel with chest and swing through the ball
 - No toss initially, small toss later

- Goals
 - Consistent, smooth rhythm and contact
 - Ball over the net

- Keys
 - Steady left arm
 - Locked right elbow
 - Swing through

Side Arm Serve Drill



- Same as prior drills
 - Start at mid court and move back
 - Focus on good rhythm
 - Think “release” rather than toss
- Goals
 - Consistent contact
 - Consistent ball into other court
- Keys
 - Steady left arm
 - Locked right elbow
 - Swing through

Fun Serving Drill



- **Service Web**
- Teams split up and lie down on opposing court with one server each
- Try to hit your teammate on opposing court, that person gets up and helps you serve
- Winning team gets all the players off the floor
- You can shorten the court to help with novice players

Team Serving Drill



- **Catch and Rotate**
 - 2 teams, 2 courts
 - One player sits on the floor in Zone 1 – right back
 - Teammates serve at the player, player must catch the ball
 - Servers must shag their own ball
 - Catch the ball, server swaps with catcher and moves to Zone 2 – right front
- Variations
 - Start closer to net for novice players
 - Keep chairs in Zones 1,6,5 (back row) closer to net
- Goal
 - To complete all 6 rotations first
 - Variation – one court – time the drill
- Keys
 - Take your time serving (catch breath before serving)
 - Focus on target, Good toss

Less Fun But Important - Pressure Serving Drill



- To prepare for a game and to see how players react to pressure
 - Line up all players at end line
 - One server prepares to serve
 - Coach blows whistle
 - Player serves while entire team watches
 - Player shags ball
- Variations
 - For weak servers, have them stand closer
 - For intermediate team, strive for 100% with a penalty if they don't succeed as a team
- Goal
 - To have as many players successfully serve the ball into the court
- Keys
 - Take your time
 - Good toss
 - Hammer the nail

Review and Next Session



78

- Review
 - Moving your platform to the ball by shuffling is the fundamental movement in volleyball
 - Feet-to-ball is an excellent Key
 - Survival **Tactic 1: small pass-set-hit**
 - Good way to learn pass-set-hit volleyball at lower risk of failure
 - There are many effective way to serve the volleyball. It is a critical skill and the easiest one to learn.
- Final Session
 - Team Tactics

A large green rounded rectangle occupies the center of the slide. On the left side of this rectangle, there are three overlapping circles of varying shades of green, creating a decorative graphic element. The text 'Part 4: Team Tactics' is positioned on the right side of the rectangle in a white, sans-serif font.

Part 4: Team Tactics

Quick Review



- To learn volleyball, **keeping the rally alive** is the top goal
- Prioritize your training
 - Serve in
 - Get to the ball
 - Get the ball up
 - Move toward pass-set-hit
- Reward effort

How to Drill - Review



81

- Have a clear goal for each drill
- Show more, Talk less
- Use Keys
- Score the drill – use a whiteboard
- Have consequences
- Avoid long waits between contacts
- Ask players how to improve the drill
- Structure drills to practice success
- Cycle between controlled and random ball movements

Serve Receive Tactics



- You must control the served ball to start the rally
- Encourage EFFORT towards the ball even if the players fail to get to ball up
- Calling MINE is important
- Replace YOURS with a name, it's less confusing

Survival Tactic 2 – **Fill the Court**



- For novice players, it's better to have more players on the court receiving
 - Increases the chance that the serve will hit a player
- Put 6 players on the court in 2 rows of 3
 - One just behind the 10 ft line
 - The other about 20 ft back
- Play small pass-set-hit if possible

Survival Tactic 3 – **Knock the Serve Back Over**



- If the opposing team is serving tough and you've been aced several times, it's OK to knock the serve back over
 - Remember – no rally, no learning
 - And – losing 5-10 points in a row is no fun
 - Coach should set a number like after 3 aces, Knock the Serve Back Over
- Use Survival Skill 6 – The Tomahawk
 - See next slide

Survival Skill 6 – The Tomahawk



85

- Good skill to use:
 - Ball is high and you are backing up
 - Tough serve and you're just trying to get the ball up or protect yourself
- Technique
 - Hold hands together like forearm pass
 - Bring hands over head
 - Use back of forearms or hands to bat the ball
 - Option – interlock open hands and use palms



Drill Break



Tomahawk Drill



Most teams
NEVER PRACTICE
this skill.
This skill can neutralize a
tough server.

- Tomahawk pairs
 - 2 players, tosser at 10 ft line, passer 10 ft away
 - Toss ball at passers forehead
 - Lock hands and bat the ball up
 - Can choose to interlock open hands and palm the ball
- Goals
 - Get the ball up high
- Keys
 - Lock hands
 - Stiff arms
 - Bat the ball

Integration – Fill the Court, small pass-set-hit, Knock the Serve Back Over



- Fill the Court + small pass-set-hit + Knock the Serve Back Over
 - 6 players in 2 rows of 3 across: 10 ft and 20 ft off the net
 - Take best overhand server or coach serves
 - Serve tough at players
 - Receivers in athletic stance
 - Front row hands high, Back row hands low
 - Rotate after each successful receive
 - Apply THE RULE
- Goals
 - Successfully play the ball and return it over the net
 - Players choose what to do: **small pass-set-hit** or **Knock the Serve Back Over**
- Keys
 - Call MINE, Call a name
 - Face the ball, Feet to ball

Hitting



- Footwork
 - 3 step approach
 - Right-handers
 - Left, right, left
 - On second step, both arms back swing
 - Bend knees, swing arms up
- Bow and arrow
- Reach high, big hand and swing through ball
- Snap wrist

Hitting Drill



- **No net spike**
 - Make a line about 25 ft from a wall
 - Coach stands 5 ft in front of first person, toss ball up about 10 ft
 - Player approaches, jumps and spikes the ball
 - Player shags the ball
- **Goals**
 - Learn to integrate footwork with arm swing (without worrying about the net)
- **Keys**
 - Feet to ball
 - Bow and Arrow
 - Point at ball with non-hitting hand
 - Reach high, follow through

Hitting Drill



- Spike with Net
 - Same as prior drill but use the net
 - Toss the ball at 10 ft line or deeper in the court
- Goals
 - Integrate footwork with arm swing
 - Arc ball over the net
- Keys
 - Feet to ball
 - Bow and Arrow
 - Point at ball with non-hitting hand
 - Reach high, follow through



Team Play



Team Play Training



- Focus
 - Keep kids focused and moving to avoid them becoming spectators
 - Manage drills to keep rallies going
 - Avoid long stops and conversations
 - Get all players engaged

- Techniques
 - Toss-ins
 - Continuous rotation
 - Corrections
 - Scoring

Team Play – Continuous Play



94

- **Around-the-World – Cooperative Play**
 - 6 on each side (use less for more experienced teams)
 - extras rotate in from left front
 - Each time a side sends the ball over the net, they rotate
 - Players try to get ball over – do small pass-set-hit
 - Try to get ball directly to an opposing player
 - Coach tosses ball in immediately to side that lost the rally
 - The Rule
- Goals
 - Focused continuous play – number of balls over the net in-a-row
 - Face the ball, get to the ball
 - Communication
- Keys
 - Face the ball, feet to ball
 - Call Mine or Player Name

Team Play – Continuous Play 2



- **Around-the-World Options**
 - Competitive Play
 - Team winning the rally gets a point and toss in
 - Play to some score
 - Continuous Play with Corrections
 - Coach enters ball at point of error
 - Allows player to correct their error
 - Toss-in 2nd and 3rd Balls
 - Coach tosses ball into a location on court that has had problems – calls ball number (3rd ball mean third hit, ball must go over net)
 - Good for practicing chasing down shanked balls

Survival Tactic 4 – Deep Court Volleyball



96

- Most of your play will be behind the 10 ft line (it's true even in high school)
- Spend more time doing pass-set-hit and other activities behind the 10
- Remember, this means that most of the bumps will need to go from near the endline to over the net. If you don't practice this, you won't be very successful during the game.

Deep Court Play



- 6 players on each side
 - Coach tosses 1st, 2nd, or 3rd balls to the back row players
 - Play out the rally
 - Do tosses to each side
 - Play a game to N points
 - Use THE RULE
- Goals
 - Get ball from deep court over the net
 - Learn to work together
- Keys
 - Call MINE or a Name
 - Feet to ball, Go for the ball
 - Watch the ball, swing up

Deep Court Play



- **3 Down (intermediate)**
 - 3 players lie down at end line
 - Coach bounces ball
 - Player attempt to pass-set-hit
 - All 3 must make contact
 - The Rule
- Scoring
 - 1 pt for hit into other court
 - 0 pt for bump into other court
 - -1 pt for error, penalty
- Goal
 - Ability to play from deep in the court
 - Communication
- Keys
 - Face the ball, Feet to ball, Communicate

Building from the Ground Up



- Instill the right behavior – THE RULE
- Build the “platform”
- “Face the ball”
- Teach skills
- Introduce randomness
- Learn Survival Skills and Tactics
- Develop team play
- Have Fun!

Your Survival Kit



- Skills
 1. Shuffle slide
 2. Over the head pass
 3. One arm dig
 4. Sky-ball serve
 5. Side arm serve
 6. Tomahawk

- Tactics
 1. Small pass-set-hit
 2. Fill the court
 3. Knock the Serve Back Over
 4. Deep court volleyball

Game Time



- Put your best servers first
- Put your best receivers in service positions 4,5,6 so they stay on the longest
- Tell your servers either
 - “take your time”
 - Or “good toss”
- Feed-forward, not feed-back
 - Focus on the next play, help forget the last play
- Be encouraging and positive
- Reward EFFORT (not the result)
- Have FUN!

Individual Warm-Up Drills



- Thoughts
 - It's important to get as many good touches as possible
 - Players can warm up individually as they arrive and get better on their own
- Drills
 - Bump and Set to self
 - Serve to spot on wall
 - Set to wall