

Limited Space/Resource Drills

By Westside Coaching Staff

Weave

- Groups of 3-5
- Passing, setting, pepper
- Short, Short, Long with set, pass, and coverage

Pepper progression

- Hit, catch
- Hit, dig, catch
- Hit, dig, set, catch
- Full pepper
- Continuous dig

Butterfly

- at least 10 players
- 2 players in right and left back and one player at the target on both sides.
- Players in right back have balls, left back players are the passers. Throw over the net and follow the ball. Passer becomes target, target becomes thrower, and thrower goes to the opposite side to pass.
- After 5 times around switch passers to right side, then overhead pass. Advanced players may pop a serve instead of throw.

4 person Extension with Run through

- 1 defender, 1 target, 1 thrower, 1 shagging, 2 balls
- Throw to defender forcing them to extend, 2nd ball is then tossed as a run thru ball.

Footwork Train

- can either be done with setting footwork (left right) or approach footwork

Line tag Shuffle

- Line tag but instead of running everyone must shuffles.
- Once they get the hang of it they must shuffle facing the net the entire time.

Pressure Serving: Conditioning

- The entire team starts at the end line, nominate one person to be the pace setter
- They jog from the end line to the net and back to the end line. While jogging one player is serving to a zone (or just in, depending on the level). If they make it in the zone they join the joggers and the next player serves. If they miss everyone sprints to the other end line and back.
- The same server is up until they are successful.

Snowball Serving

- Split into 2 teams with one member serving on each side. The remainder of the players sit (randomly) on the opposite side of the net.
- Once a seated teammate catches a serve while sitting then they go and join the first server.
- Continue the snowball of teammates until all players are serving and no one is still sitting. The first team to accomplish this wins!!!

Rapid Fire Serve

- group of 3-4
- one server, one hander, and one/two shagging
- one player serves 6-10 balls at one time to a zone