

Wednesday, July 28 / 8:15-9:15 a.m. / Drills That Challenge Kids to Succeed
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JUGGLE PASSING

Partners passing drill
One partner rolls ball while other passes

ADAPTIONS

Start with catching
Add setting

CONTROL

6 on 6 Cooperative warm-up drill
All balls must be passed with platforms

ADAPTIONS

Specify number of contacts per side (2/6/10)
Specify type of last touch (down/tip/attack)
Rotate every time ball crosses net, front row out,
back row to front row – new back row in

30/5

Cooperative team drill
Teams have 5 balls to get 30 attacks across the net.
Free balls are a wash

Unlimited touches per side
31st ball is live and must be killed
Enter ball until we end on a kill

ADAPTIONS

Increase or decrease numbers (60/10)
Specify type of attacks (down/tip/up)

5 LIVE

Cooperative until the 5th ball crosses the net - then live
Keep score to 5
Alternate entry – teams send initial ball

RUSSIAN PEPPER

3 back-row players on each side of the net
Hitters and Setter go under the net on each attack
Unlimited contacts on each side
Must get ten attacks & digs in a row
Kill the last ball
Teams have 5 attempts to accomplish

ADAPTIONS

Decrease or increase goal or attempts based on skill level

4 ON 6

Three defenders, One setter vs team of six
Defensive side sends free ball to offense, play out
Defending side gets 2 pts for a dig and setter catch
Offense gets 1 pt for kills

ADAPTIONS

Only give offense point if ball hits untouched
Allow tips
Play out & give an additional point if defense can kill the ball.
Offense plays out to deny point to defense.

50 IN 5

Cooperative timed serve receive drill
Team has 5 minutes to get 50 passes to setters
Setters decide whether ball counts – finish with set

ADAPTIONS

Add or subtract number based on skill level
Add MHs and only count pass if MH is in
Coach entry

CHAOS

Teams get free / down / chaos ball in succession
Must win each ball to get next ball
Start over at free
Big point for 3 in a row
Both teams switch front to back

ADAPTIONS

Change sequence to fit needs (OOS / BR / JOUST)

HAND TO HAND COMBAT

If 1st contact is with platform, team has one contact left.
If 1st contact is with hands, team gets two more contacts.
First team to 5 wins.
Alternate entry – teams send initial ball

BURN YOUR BUDDY

3 passers, everyone else serving
Players keep their own score
3 pts for a perfect pass
No pts for a playable ball
1 pt for an ace
First player to 21 wins

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