

TUESDAY, JULY 27 / 8:15-9:15 A.M. / FINDING DRILLS THAT FIT YOUR PROGRAM

Mike Brandon – Gretna High School / Terri Neujahr – Waverly High School

mbrandon@gretnadragons.org / tlneujahr@aol.com

REPETITIONS VS COURT SPACE

“ITS NOT ABOUT HOW MANY REPS – ITS ABOUT HOW MANY **GOOD** REPS”

ADAPT SIMPLE DRILLS TO FIT YOUR NEEDS.

BOWTIE WARM-UP

EVERYONE HAS A FOCUS

TOSSERS – FRAME AND ARMSWING

PASSERS – WORK ON SEALING OUTSIDE FOOT ON CROSS,
SHUFFLING ON LINE

TARGETS – WORK ON GETTING TO BALL & TALKING

20 BALLS TO TARGETS – TARGETS ARE ONLY COUNTERS

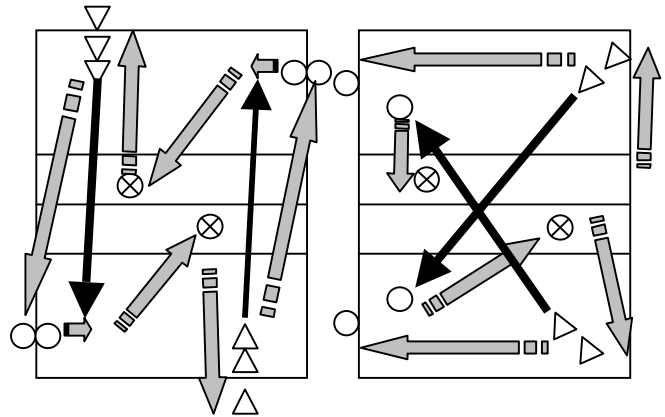
MODIFICATIONS:

HITTING FROM FLOOR

JUMPING & HITTING

SETTERS AT NET SETTING TO COACHES

ADD MIDDLE ATTACKS WITH CATCH



DIG SEND

MOVE TO BALL – PASS FORWARD – SEND BALL

TARGET IN OPPOSITE ZONE WORKS TO GET CATCH

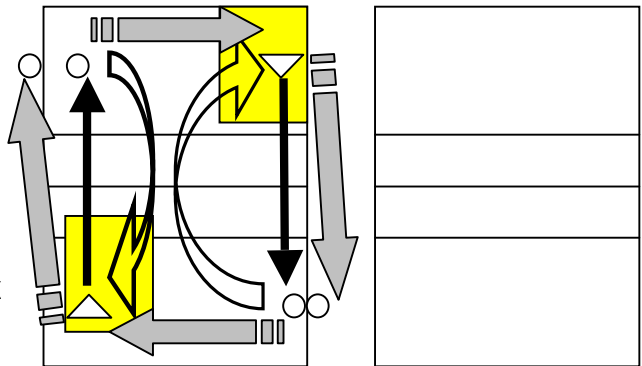
SWITCH TO ZONE 1 AFTER REACHING GOAL

MODIFICATIONS:

INITIAL BALL SENT WITH TOSS / DOWN BALL

SEND WITH HANDS / DOWN BALL / BACK ROW ATTACK

SWITCH TO CROSS COURT



INSIDE/OUTSIDE PASSING DRILLS

WORK ON SHUFFLING TO BALL AND SQUARING OUTSIDE FOOT

COACH OR PLAYER LED

NON-PASSER SHAGS

MODIFICATIONS:

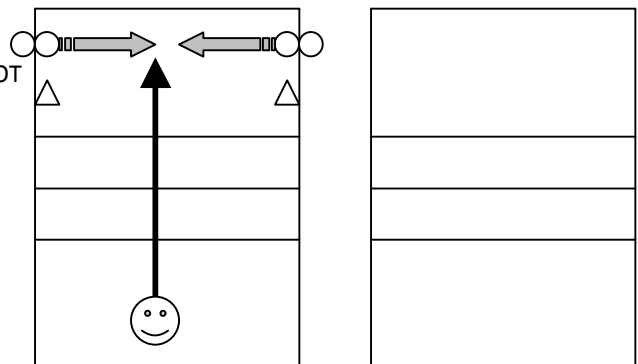
MOVE CONES TO MIDDLE – ADD SECOND INITIATOR &

PASSERS HAVE TO SHUFFLE TO SIDELINES

COACH INITIATES OFF TOSS / DOWN BALL / BOX

HAVE PLAYERS INITIATE

INITIATORS SEND BALL LINE / CROSS



100 TOUCH

6 ON 6 – COUNT EVERY TOUCH

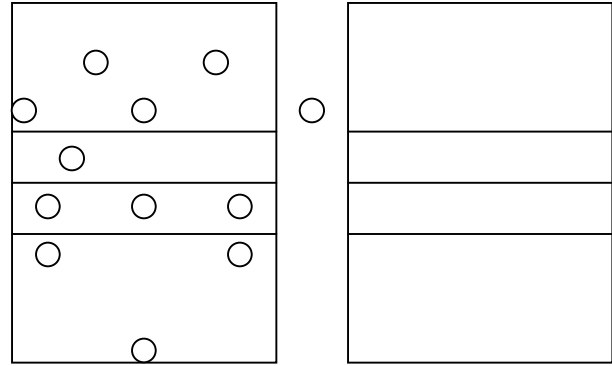
MODIFICATIONS:

GET 5 / 7 / 10 BALLS TO ACHIEVE

ADD “IFS”

(MUST SET MH IF “IN SYSTEM”)

START OVER IF BALL TOUCHES WITHOUT PLAY ON IT



LEAPFROG (BTL)

WORK ON GETTING BALL TO MIDLINE

KEEP SHOULDERS DOWN / HIPS LOW

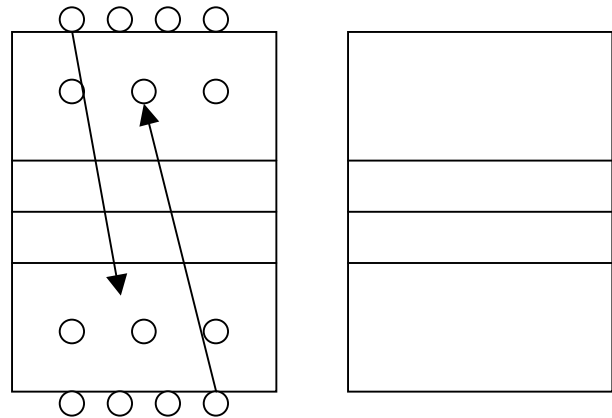
LET BALL BOUNCE BETWEEN FEET

MODIFICATIONS:

HAVE COACHES TOSS / HAVE PLAYERS TOSS

HAVE COACHES SERVE / HAVE PLAYERS SERVE

ADD PLATFORM – CATCH / DEAD BALL / HANDS



SELF TOSS HITTING

3 LINES / START AT 10' LINE – FOCUS ON HIGH SWING

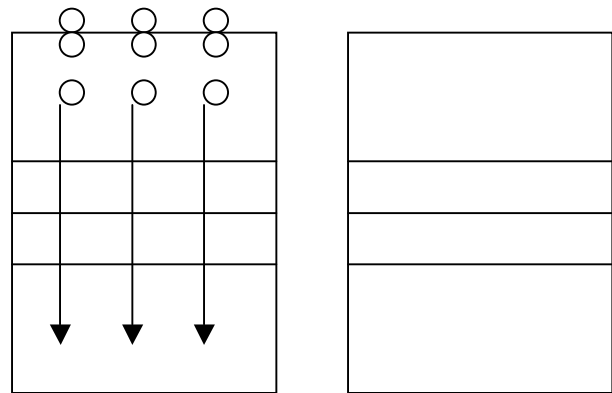
MOVE BACK TO WORK ON JUMP SERVE

MOVE UP TO WORK ON ATTACKING

MODIFICATIONS:

ADD COACH TOSS

ADD SETTERS



WEAVE SERIES

FOCUS ON BETTERING THE BALL / COMMUNICATION

KEEP BALL HIGH AND INSIDE COURT

MODIFICATIONS:

PASSING / SETTING / MIXTURE / PEPPER

ADD CROSSING PATTERNS

FORCE THEM TO CHANGE ROTATION PATTERNS ON FLY

CAN GO ACROSS THE NET (FROSH) INSIDE 10' (MHS)

