

## How to Train a Hitter

Nancy Dorsey  
St. James Academy  
[ndorsey@sjakeepingfaith.org](mailto:ndorsey@sjakeepingfaith.org)

### Agenda:

Top 5 Things to stress:

1. Approach
2. Versatility
3. Run a fast offense
4. Defense First
5. Attitude of Gratitude

### Drills:

1. **Hit on a Chair:** Teach kids thumb up/thumb down. Have them do 20x's a day line (thumb up), 20's a day sharp (thumb down) from the LS and the same from the right side (thumb up-sharp), (thumb down-line).
2. **Ball Grab Drill:** You need a manager or coach in the middle, on the right and on the left with a ball on the opposite side of the net from the middle hitter. She will load and grab the ball out of the coaches hands and then slam it down on the other side of the net. Once she has done that in the middle she will immediately move R and then back to the middle and immediately move left. (Again, doesn't take too much time but important for them to practice). Have each player go through 5 times or so. Again, if you can do this everyday it's a great way to train blocking. It teaches spacing from the net and explosion from the floor when blocking.
3. **Reading a setter:** Flinch drill: important part of their game. If they can anticipate where the ball is going, they can better close the block and better defend the floor. They need to watch the setters hips, also have a good VB IQ about the type of pass the opponent has to work with, know who your heavy hand is, etc. Have a player opposite the net and have them step one direction or the other and the middle must transition that direction.
4. **Overpass/Take it High:** Give a hitter a series of balls, ones she can hit, ones she can take high. One the ones she can take high have a setter ready, she will take the ball high and call her ball to an attack.
5. **Drill: Off the net defense drill:** Coach is on a box on the opposite side of the net. Coach will slap the ball, player transitions from the block to play defense. Coach attacks the ball. Player will defend the ball and will call her shot. KEY: Regardless of what happens with the pass (so even if they shank it, they must transition out to swing.....coach will be ready with a toss if that happens).

6. **Shot Clock:** L side, R sides and Middles: have to get 20 kills total. An error is a -1. Give them shots they have to hit (like line). They have to hit 20 shots line to get out of the drill. Every error is a -1. Every kill in the correct spot is a +1. They hit off a setter and against a defense.
7. **Pass to Hit:** Have your “live” hitter on the court with two other passers (or have two live hitters (one LB one RB). Have teammates serve aggressively at live hitters. They then call their shot
8. **9 Player Pepper:** 3 Back row players on each side. 1 left Side, 1 Right Side, 1 Setter. Enter with a down ball or free ball. Left side, Right side and Setter all working together. They must go under the net every time the ball crosses over the net. Ball must cross 7 times to get out of the drill. Every player (even middles) must hit and play back row. Helps them work on transition, being aggressive when tired.
9. **Hitter Heck:** 3 hitters on one side of the net with a tosser; 6 people on the other side in defense. The hitters are working against the defense. Each time they hit, they have to run back to the end line and touch the line, then get back in the hitting lines and keep going. They need 10 good kills as a group to get out of the drill. Can also do this with transition. Have the hitters block transition then transition out to their touch point to attack. This would replace the running to the end line and is more game like. There are many progressions to this drill (will be discussed in the session) that can work in block transition as well as defense first options.