

SERVE & SERVE RECEIVE FORMATION/DRILLS

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SERVE- Key to team's success

Types of Serves

- Drive serves - follow through ball
- Floater serves - short follow through
- Spin serves - bottom to top or side
- Jump serves - float or spin
- Short serves - aim high

Progressions - Get a routine

1. Position - where to stand
2. Open - hard hand
3. Set-serve - quick hard hand

Serving Zones

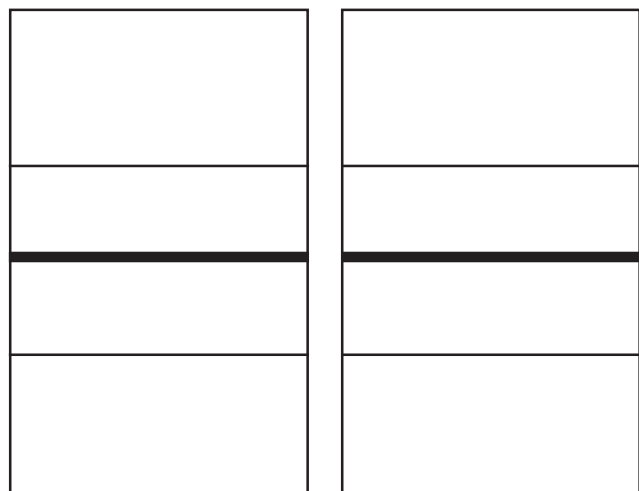
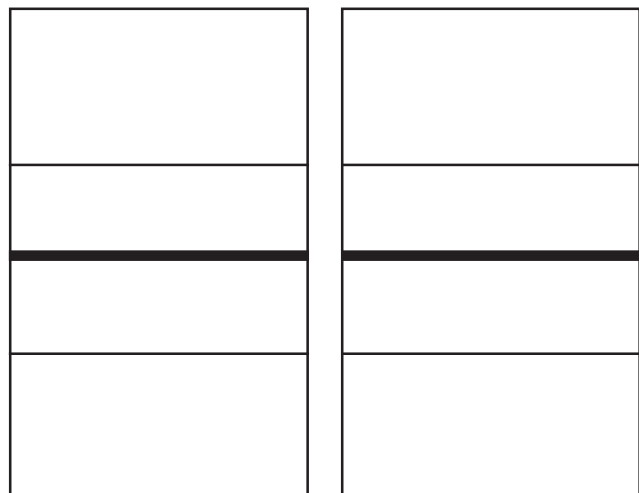
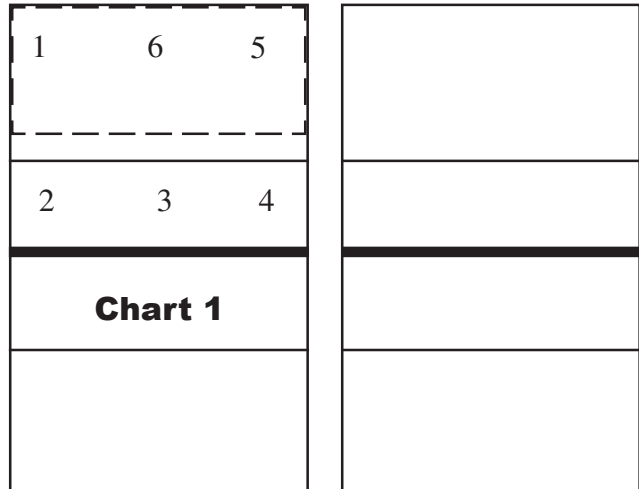
See Chart 1 to right

Serving Strategies

- Serve weakest zone/passer
- Serve best hitter
- Serve zone 5
- Serve short zone - slow down opponents first-tempo attack
- Serve line
- Serve behind setter

Drills

- In a row - individual and/or team (be careful)
- Over the net dodge ball
- I-R-I-S-H
- Use targets to hit or avoid
- Points
- Rapid fire
- Serve and dig
- Serve versus passer



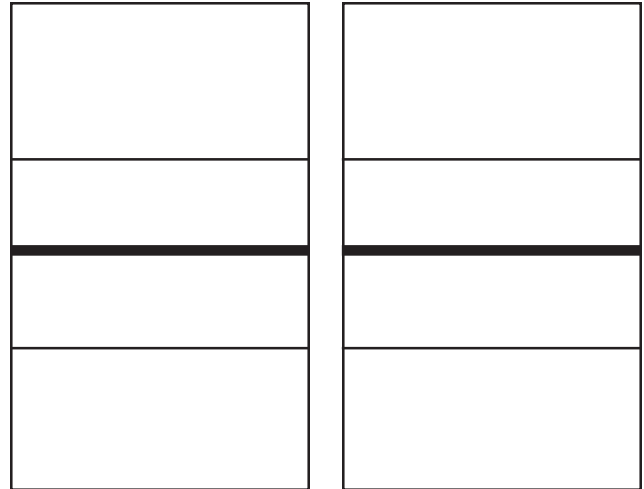
Serve Receive

Guidelines

- Best passer passes more balls.
- Identify your team strengths/weaknesses
- Identify your opponents serving/blocking strengths/weaknesses.
- Make it a priority.

Basic Skill Technique

- Platform - angles deep/short
- Center the ball
- Feet are important
- Communication is part of passing
 - verbal and nonverbal

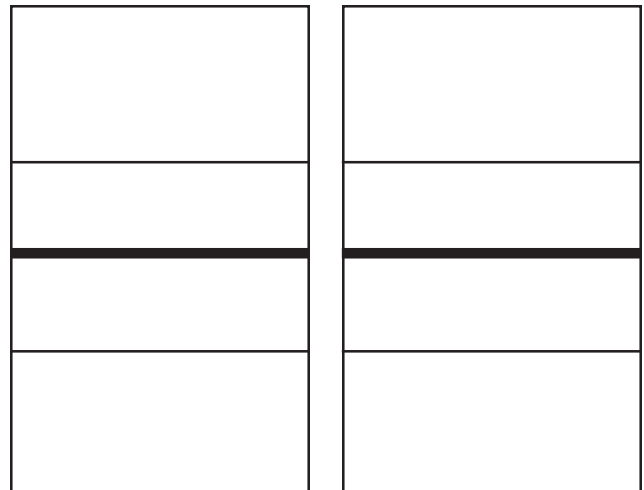


Traditional Formations

- 5 person or "W"
- 4 umbrella
- 3 - used most
- 2 - good passing teams

SR systems

1. Diagonal lines
 - Short responsibility – person on left
 - Deep responsibility – person on right
2. Stoplight
 - Green light - Best player should pass as many balls as possible
 - Yellow light – Second best player pass other balls
 - Red light – Pass only if coming right to them

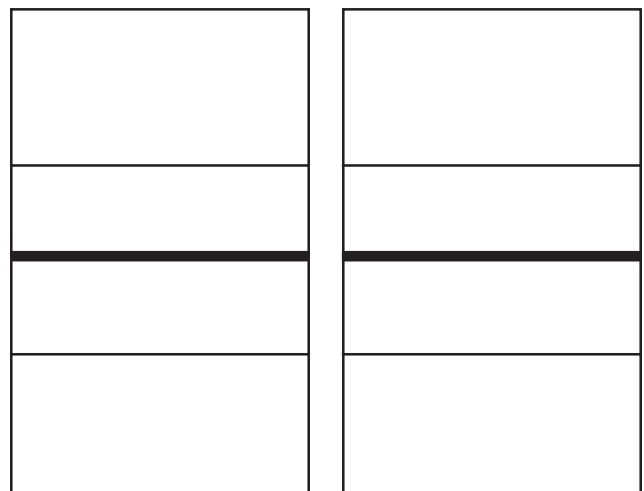


Three Person Serve Receive options

See handout

SR Offense

- Straight line then switch to base position
- Cross and attack from base position to get closer to base position



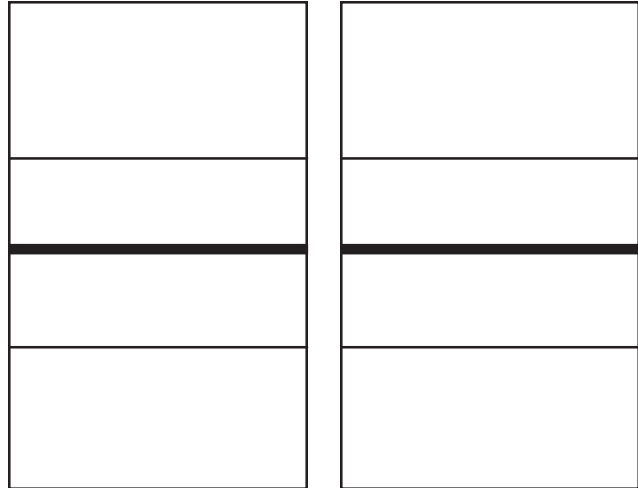
SR Drills

Goals

- Number of contacts.
- Number of quality plays
- Timed – keep score
- Number of 3 option passes

Progression

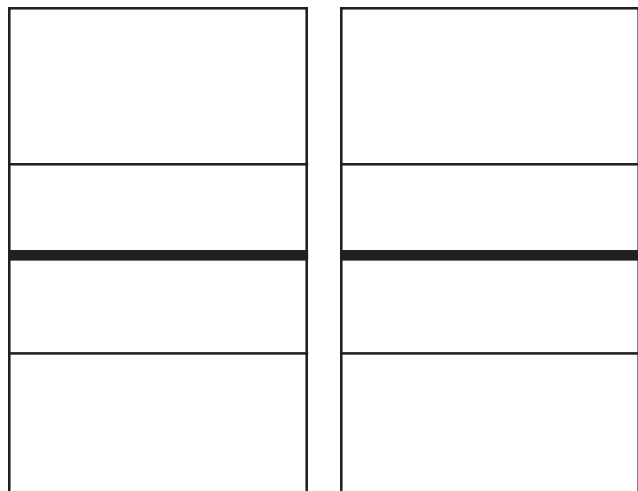
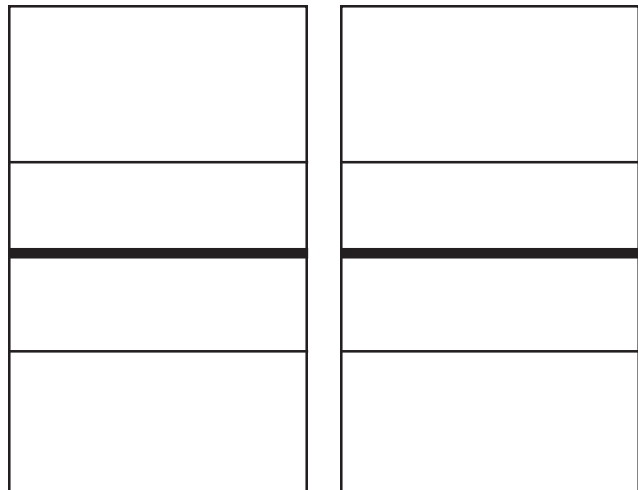
1. Pass to target from throw
2. Pass to target from serve
3. Pass to setter, set to target from throw/serve; add coverage
4. Pass to setter, set to hitter on box from throw/serve; add coverage
5. Pass to setter, set to live hitter, cover



Individual Drills

Practice forearm and overhand volley skills. Can have servers start on boxes 15' back from net.

1. Rapid Fire SR
2. Three person, 2 ball circle pass
3. Movement SR
 - Right to left
 - Left to right
 - Move backward
 - Move forward
4. Three person shuffle SR drill (ND)
5. Blanket drill
6. Nebraska 2' SR DRILL
 - add coverage
5. 10-3 drill
 - pass to target
 - add setter, set to target boxes
 - setter to hitter on boxes
 - setter to live hitters
 - setter to live hitters, attack specific area
 - add blockers
 - opposite set
6. Two-person swing passing drill
 - Must attack line, server digs to self or target
 - Must attack cross court, server digs to self or target



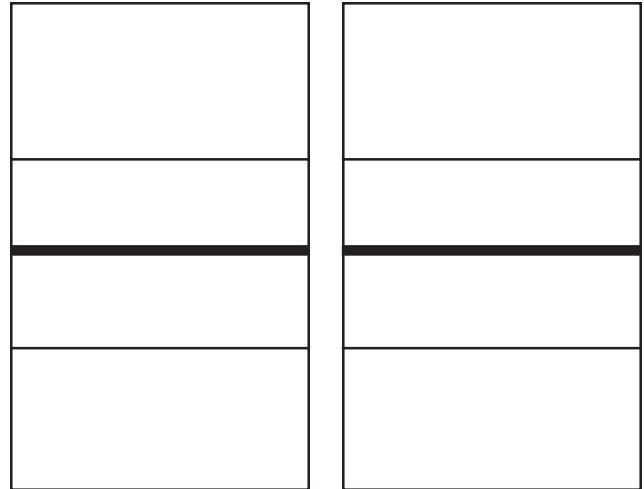
Team SR Drills

Start setter at various starting positions

Practice different formations (A, B, C)

1. Three passer add-on drill

- 3 passers plus setter and middle hitter
- 3 passers plus setter and opposite
- 3 passers plus setter and outside hitter
- 3 passers plus setter back row attack
- 3 passers plus setter and middles and opposite (run plays)
- 3 passers plus setter and middles and outside (run plays)
- 3 passers plus setter and opposite and outside (run plays)



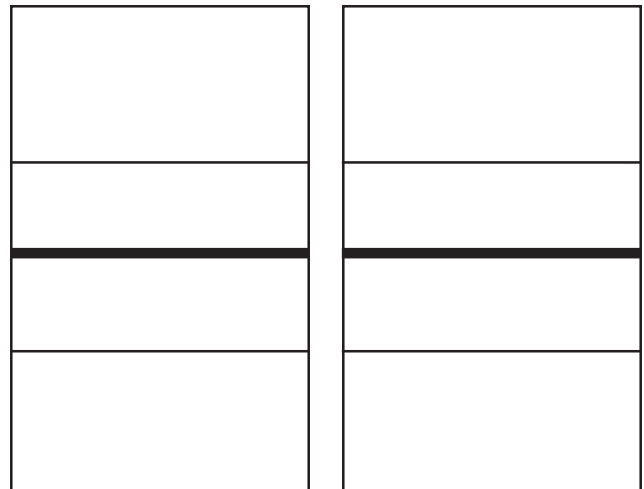
Options to above drills

- Train setter penetrating from back row and setter from each of front row SR positions.
- Hitters must attack from selected zones
- Hitters must attack to specific areas.
- Add blockers
- Add additional balls – SR, down ball, free ball

2. First Strike Drill.

3. 5 in a row drill. One team receives 5 serves in a row. Then they serve 5 in a row. Repeat five rotations. Keep score.

4. Offensive Plays from each rotation (have at least two for each SR rotation)



Have options

1. Walk throughs
2. From throw
3. From controlled serve
4. From live serve
5. Wash drills

