

Ball Control Drills – Christi Posey, UMKC Volleyball
Nebraska High School Coaching Clinic
July 25, 2012
8:15-9:15 am

1. 100 rep warm-up: shuttle series
2. 3 vs. 3 over the net progressions, tipper ducks under the net
3. Ball Handling Series: Rolling progressions at 5/6 on both sides of net – fast paced- Merges, Seams, Hands
Coach initiated - 9 players thru quickly
Player initiated – 12 players
4. 4 on 4 10=50, 6 =30, 3=15
5. 6 vs. 6 rotate – all players at RF set high outside side and rotate 1 spot. Control swing and rotate to next position; can set goal for time or #
6. Crosscourt pepper in 4's - 21 contacts
7. Setter Hell – Each setter has 3 chances for team to get 7X across
8. Outside hitters ball control triples 3 tips, 3 rolls, 3 control swings in 5 minutes or consequences
9. MH behind setter ball control – 5/6 players; must tip or roll to LB, MB
10. 6 on 6 Perfect pass to target for # - count goes to zero if ball is out of target. Players tip on every ball, teams dig and transition
11. 3 on 3 2 contact drill

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Impact of Coaches

I have come to a frightening conclusion.

I am the decisive element on the gym or on the field.

It is my personal approach that creates the climate.

It is my daily mood that makes the weather.

As a coach, I possess tremendous power to make an athlete's life miserable or joyous.

I can be the tool of torture or an instrument of inspiration.

I can humiliate or honor, hurt or heal.

In all situations it is my response that decides whether a crisis will be escalated or de-escalated and an athlete humanized or dehumanized.

An adaptation of Haim Ginott