

Serve Receive and Serving Fundamentals
Nebraska Coaches Clinic 2019
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Passing:

1. Angles, Angles, Angle

- A great platform can compensate for bad feet, Good feet can't do the same for a bad platform

Drills:

Kickboard passing
Short court at the chest
Wall work
Ball under the shirt

2. Feet—they are still important!

- Yes, Angles are more important, but your feet are ALSO important!
If you want to lose weight, what you eat will make the biggest impact, but exercise is also critical—same idea!

Drills:

Band work around feet
Catch ball in low zone (Short, Deep, mine)

3. Pulling it Together

Drills:

Isolated Reps- "Pop up Patrol"
-Right/left
-At chest (decision making)
-Cross court/straight ahead
Live serve individual/pairs/3 person
-Determine who takes gap balls. (best passer plays big!)

Advanced Drills:

- a) Partner Passing: Need to pass out of 5/6 (then switch spots), then 1/6 (then switch spots. Need to hit all four spots to win. Need to pass 3 balls that are 2 or 3's. Back to zero for a 1/0 pass. (or -1 if that too difficult) Can add that if you get aced after your rotate a spot you start over on the first ball.
- b) Around the World by Rotation-Rotate by rotation with a good pass, go back one rotation on a 1/0. Can go all the way back on an Ace.
- c) 5 before 3: Need 5 serve receive points, before the serving side has 3 defensive stops. Could do a variation of this with First Ball kills

Serving:

1. Hand Contact/Firm wrist
 - Color on balls so we could determine if our hand contact is good or not
2. Keep the forms simple in teaching and they can add from there.

Drills:

Partner work from ground back and forth

Short court serving

3. Nuances to consider for your team
 - Deep serves
 - Dive serves
 - Bomber serve
 - Using short serves
 - No look servers