

BELLEVUE UNIVERSITY FAVORITE VOLLEYBALL DRILLS

BALL CONTROL/Passing and Defense drills

Pepper Drills: Set only, All over, dig set, jump, set only, 3 person dig, Olympic, all out, 2x2 warm up
"Bellevue Dig" add emergency dig

Dig, bear crawl

Wall drills: front, side, run, pepper

Dead fish, sprint net, sides

"Spaghetti dinner"

Around the worlds: free ball, dig, sprawl

Around the world warm up

Serve receive-on boxes--hold for 1 min intervals, add "Chaos", 2 man s. rec.

1 ball Free ball, 1 ball chase, ball goes to hitters/middles (also a hitting drill)

HITTING DRILLS

Bounce the ball, feet or head concentration

Run approach

Approach off own pass

5 min hit, add defense, with points, no tape

Hit transition with block-2vs2 drill

BLOCKING DRILLS

One hand warm up

Nerf ball grab

Blocking-blue lip,

Mirror blocking, sheet drill for middle to ignore and get there

BACK ROW imagery, no eyes

SETTING DRILLS

Weighted ball seated setter

Star drill

Dig self, set

libero/setter work

Setter call out, opposite middle work

TEAM DRILLS

3x3 midline, free down ball.. only way to count.

Error correction

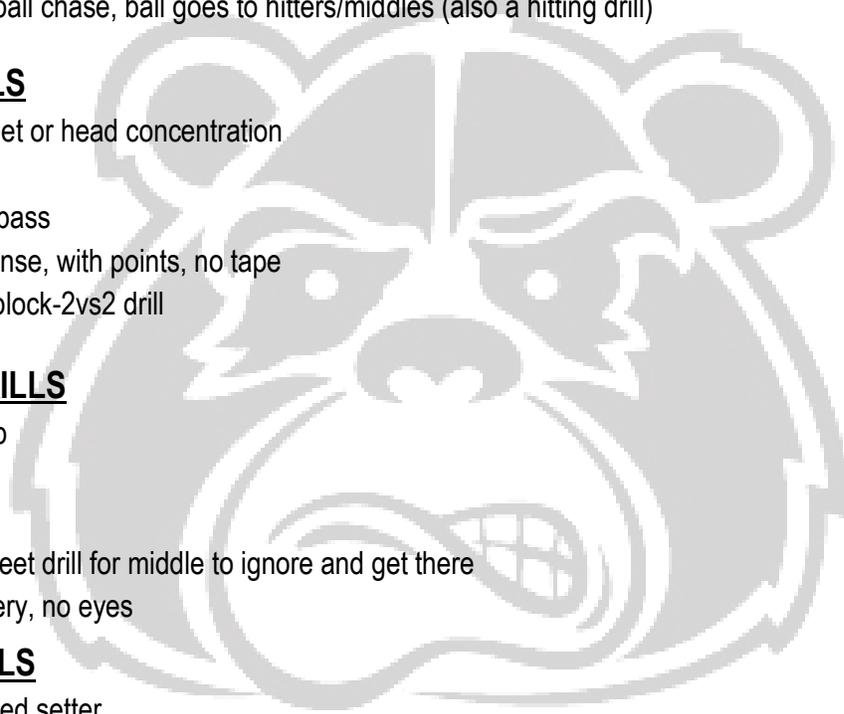
30 ball dig

Libero only dig

Continuous/cover drill

3 on 6

OH vs OH, etc. switch at 3.



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DRILL KEY SUGGESTIONS

- Lots of reps! Get as many as you can in before you give them feedback. Failure is ok. Don't lose technique. Keep the contacts!
- Stop a drill when needed. Go back to basics if the skill is not up to par.
- Give a NEW drill 2 days to work itself out. Failure is ok. Allow the team to understand that if they have tried and tried, brought the focus back, but still didn't get it.... Make them hungry for it the next day if you need to move on. The challenge will be there for the group.
- Give praise to good technique and be patient. Don't worry about the result if you are trying a new thing.
- Pepper drills... never catch! Allow two contacts or more! Play off the wall, play out of the net.
- Mark off a spot behind the end line for a good miss. Meaning allow your team to serve aggressively. Long is a good miss. Sides, in the net, etc. these are considered bad misses. Takes some pressure off your team and you will be amazed how much more aggressive they get.
- Limit sending free balls. Encourage an out of system attack. (bounce drill) lots of 3x3!
- Encourage your setters to come in 15 mins early to warm up, get a lot of contacts before you start. This is overlooked and the setter is then trying to catch up with the team during a hitting drill.
- Practice bad calls. Add a bad call in a team drill and frustrate your team. This will challenge them to bounce back in a game situation where this could happen.
- Allow timeouts in a practice. Coach can call it, or a captain. Only allow this to take 1 minute. Allow the team to chill out, refocus, etc. then get back to business. No more talk from the coach after that even if the team took the timeout. Let them workout the kinks.
- change up pepper partners. This only helps your team to not be in a rut of who is good with ball control.
- Small costly suggestion. Get a white board for your gym. Rolling one, or even just a stand. Write out practice. The team stays a bit more focused as they see what is going to happen. Constant preparation and being on the same page is key with the coach and player relationship and goal.
- End practice on time. This is a tough one. I have found there is not one drill that we have to add another 10 mins to the practice that will make us better after a 2 hour workout.
- Not every player will pass, hit, set, serve, etc. the same. Determining factor will be their athleticism.
- Number one rule in my gym during practice? No standing around. Someone is always doing something. Shagging, tossing, in the drill, etc. Constant team effort to make the drill go.
- Eliminate "don't" from your coaching feedback. It's tough! ☺ Let's try this.. or... You did a great job with this... Or... Why did you do that? (get feedback from them—they may have a good answer!). Or my favorite.. do you know why the ball went there? ☺

Suggested Productive Timeouts (choose 1-3 of these during your 1 min)

- What is going to happen next?
- What can we run?
- What ONE THING can we improve?
- What ONE THING are we doing great at?
- Who can we attack? Or go after?
- What has been working?
- Ask your setter who is hot? What set can you give them? What do you need to avoid?

And the million dollar setter question... if you set her 5 times, and she has scored 5 times from that, why did we set something different the 6th time? ☺