

Practice suggestions. If you would like to watch a practice of mine, feel free to stop in anytime, I'm usually at Endeavor on Mondays/Wed from 5:30-7. Angela 404-9297

Running a Practice:

- Do not feel like you have to have a ton of drills. The more repetition on key fundamentals the better. Please use the verbiage for volleyball terminology that is on the basics sheet.
- Keep the kids moving, they need a lot of touches in the time you have them.
- Move them quick and make them shag their own balls. No walking allowed on the court.
- Please be sure that they are aware of the safety of taking care of the balls. Loose balls rolling around on the floor can be dangerous if someone is jumping in a drill. Please teach the kids to yell "ball" if there is a ball rolling around on the court during a drill. Stop if you need to!
- Bring them together before, tell them what you plan to do-make sure you know names/they learn each other's too.
- Bring them together after, tell them what you saw, ask them how they think they did and tell them what to work on at home to practice (I always give HW)
 - Things they can do on their own are good
 - 50 practice tosses, 50 served against a wall, 20 passes/sets to self in a row, or add a friend/parent and have them toss balls so they can pass.
- Teach them to follow the ball to the line no matter what, don't stand there and watch it.
 - Chasing it to the line and Calling "in or out".
- Anticipate where you think the ball is going and move your body there

Success for **implementation of skill:**

1. Teach a skill using the correct verbiage and show them how to do it
2. Run a drill to let them practice that skill
3. Play a game to get them to use skill without thinking about it

Quick warm up - all spread out along base line, move to net and back to end line – slow lunges, skips, butt kicks, high knees, back pedal, etc.

Good warm up for all levels: They can **shadow** you with the ball to also warm up (shuffle):

Coach hold VB in hand standing at net and place kids spread out facing net, they are facing coach in base position, legs shoulder width and hand out to the sides, low/ready to pass. Move the ball left to right, forward and back, toss it up so they can block and let it drop so they can hit the floor. Teach them technique.

Circle passing - Passing line in rt back/left back. Start a line in rt back (4-5 kids), line in target between 2/3 position (4 kids) and then coach (in position 3/4) tosses ball to passing line in rt back and they pass to target. Target shags ball and hands to coach ball. Toss it to them to start and then make it more challenging (moving right to left). Please make sure they pass first before just going to target. Feet wide apart and balanced. Pass from their legs, no arm swinging – should be out to sides then then place together, pass on forearms. I teach them to shift weight off their back left foot to their rt foot as they pass and tell them to "push with their tush". If they are standing up passing then they are not balanced and not passing from their tush.

Partner tosses for soft touch: Have them toss in partners - one ball per 2kids. Passer faces the net on base line and tosser stand closer to partner on ten foot line, (to start off, the closer they are when partner passing the better) 10 foot line player tosses about 20 balls to partner and they barely move their arms, passing the ball aiming for it to land on their partners head. Switch.

2 man- 2 touch: (court movement and talking)

2 players in court, coach at net throwing balls to one player or the other, they must both touch/pass the ball (with 2 hands together) 3 times to get out of the drill and then next group comes in. Each time round, make it a bit more challenging, have them chase the balls down the more advance they get.

3 man – 1 touch, 2 touch player: (anticipation and talking)

3 players in court, coach at net throwing ball to one player at time. Player must pass ball back to coach, at the same time the coach throws the ball, the other 2 players should be anticipating where the ball is going and moves to that player to touch their shoulder. Player closest to passer, touches their shoulder and then the 3 player touches 2nd players shoulder.

Serving, start them serving for control:

Partner warmup one on baseline the other on 10 ft line. (if your just one team on a court go over net 10 ft line to 10 ft line) Work on fundamentals. Less movement the better. Their toss is the most important part of the serve. Must land right in front of their right foot. Shift weight from back foot (rt foot) to their front foot (left foot), rock like a rocking horse. They can step with their left foot a little and drag their right foot when following thru. Toss should be no higher than their reach, if it's too high too much room for error. Right hand **open** on ball, they should strike it **with the palm** of their hand and then follow thru over the ball, letting their serving hand hit their leg if need be.

About 20 of those then they can serve over the net. Talk to other coach so you are doing serving at the same time.

Passing, serving and game situations should be most of practice time, you can add in setting when you think they are ready. I would encourage setter "2nd ball person" to even pass instead of feeling the need to set. The player in middle front is the person responsible for getting to the second ball. As the kids progress really encourage 3 touches. That "setter" position should call help if they can't get to the ball. Try to set the rt front or left front attacker up to hit the ball.

Scrimmage by having 6 on the court: each player gets one chance to serve. They serve and then when ball is dead throw a "free ball" over to the serve receive team so they can play it out completely – even if they get the serve ball over the net. Then rotate and other team serves. Repeat sides back and forth.

Can wrap up practice with **dead fish or queen of the court or 3 player mini scrimmage** only 10 ft line court is in (teaches ball control and soft touches). More advance, can add that each player needs to touch the ball before sending it over the net. Calling in and out loudly on the mini court helps them follow the ball to the line.

You can add of course but don't make it too complicated. Looking for drills and practice for muscle memory. Anything to get them to move to the ball is great, at this age that is one of the hardest things for them to grasp. Calling the ball "mine" or "I got it", Targets call "right here, right here". Hitters call "outside".