Volleyball Drills

**4 X 2 Pepper Drill**

**Purpose:** Practice ball control with a wide variety of types of contacts.

**Procedure:** Put players in pairs. Player one hits the ball down to player two. Player two digs the ball to themselves, tomahawk's to themselves (overhead contact), then left fist only, right fist only, sets to themselves, then player two hits the ball down to player one, who repeats.

**10 Ball Wash Drill**

**Purpose:** Teach back row attacking and defending back row attacks.

**Procedure:** Drill can be initiated by a free ball (suggested for just starting out) or a serve. Play balls out with only back row hitters allowed to attack. Team must win two points in a row to rotate, usually the free balls or serves are given to alternate sides.

**Corner Killer Drill**

**Purpose:** Works on serves to the corners of the court.

**Procedure:** Set up the same number of cones in all four corners of the court. Divide team up into sides with each player having a ball. The object of the game is to knock over the others teams cones on the other side of the court. Team who knocks over all of the other teams cones first wins. (Variation) Set up two cones in each corner, teams take turns serving and are awarded a point each time they knock over a corner cone.

**Coverage Drill**

**Purpose:** Teaches the team to cover hitters.

**Procedure:** Line-up 6 players in their normal set on one side of the court (receiving). Line-up two blockers in each of the three blocking zones on the other side. The coach tosses a ball to the receiving side who plays on the ball. With so many blockers, chances are the return will be blocked, forcing the receiving side to cover the hitter.

**Eye Check Drill**

**Purpose:** Works on getting the setter to see what is happening on the other side of the net.

**Procedure:** Set-up a tosser in the back-row, a setter and hitter in the front row and the coach on the other side of the net. The tosser, tosses the ball to the setter. During the toss the coach holds up either rock, paper or scissors. The setter must look at the call and say what the coach is holding before setting the ball. Setter sets the ball to the hitter.

**Greed Drill**

**Purpose:** Teach team concept and attitude of doing their best to win every point and get every ball.

**Procedure:** Two teams of six players. Each team starts with 12 balls. Each team serves two ball at
a time, alternating sides, then rotating. The team that wins the rally gets to keep the ball. The team that finishes with the most balls wins.

**Net Save Drill**

**Purpose:** Teach the defender to dig the ball out of the net on the return.

**Procedure:** This can be played on both sides of the net simultaneously, thus allowing for group competition. Line up a group on each side of the net. Have a line of defenders to save the ball off the net, a setter, and a hitter outside. The coach throws a ball into the net and the defender tries to bump the ball to the setter, who sets the ball outside (just catch the ball). A point is awarded if the set ball is actually hittable. This is a difficult drill, but develops an important fundamental tool. Play a game to between 5 and 10.

**Overhead Toss Drill**

**Purpose:** Helps develop the toss for the overhead serve.

**Procedure:** Right handed players, stand with left foot slightly forward. Hold the ball in the left hand and extend the arm straight out from the body at a ninety degree angle. (Left-handed players will do the exact opposite). With a firm wrist, arm toss the ball 18 inches high but let it fall to the ground. The ball should fall to the spot on the floor just inside of the lead foot and in line with the hitting shoulder. The toss is crucial to a successful serve because an improperly tossed ball will cause a poor arm angle resulting in a bad serve. Remember when serving-on a bad toss you should let the ball fall to the ground, and then attempt again.

**Rapid Set Drill**

**Purpose:** Works on setting the ball.

**Procedure:** Two players (#1 and #2) stand on the opposite side of the net from a third player. Player #2 stands where the setter would line up (front middle preferably) and player #1 stands in a back row position on the same side. Player #3 lines up on opposite side of the net as #1 and #2 and tosses the ball over the net to player #1 who passes it to the setter (player #2). The setter bounce passes the ball under the net back to player #3. Meanwhile player 3 throws the second ball immediately after player 1 passes the first ball. The drill is fast paced and designed to get a lot of passing done in a short period. Note: player #3 should toss the second ball before player #2 has caught the first. That way the drill is executed rapidly.

**Serve Receive Transition Drill**

**Purpose:** Works on the transition from serve to receive to hitting.

**Procedure:** Two groups of five players set up on each side of the net, three passers, one setter, one server. Alternate serving from each side. The passer passes to the setter, the setter sets the person who passed the ball, the hitter calls on appropriate set call for where they are after the pass.

**Serve Reception Drill**

**Purpose:** Works on the transition from serve receiving to hitting.
Procedure: 3 players on one side (hitters), 4 players on the other side 3 passes and one target. Starting from left to right the hitters give the passer in line with them, a down ball. The passer must decide whether to forearm pass or overhead pass each ball to the target. Alternate down the line of hitters. Set a goal for number of good passes.

**Six Touch Pepper Drill**

Purpose: Works on practicing ball control with a wide variety of types of contacts.

Procedure: Put players in pairs. Player one hits the ball down to player two. Player two digs the ball to themselves, tomahawk's to themselves (overhead contact), then left fist only, right fist only, sets to themselves, then player two hits the ball down to player one, who repeats.

**Target Practice Drill**

Purpose: Practice controlling the serve.

Procedure: On the other side of the net set up 6 main targets at the front right and middle positions, as well as the back left and middle positions. Coach chooses target to aim for and server tries to hit the target on the serve. The team can be divided in half and this can be turned into a competition with points awarded to how many serves strike the chosen target area. Make sure to keep wrist firm throughout the serve. Contact with heel of hand through the middle back of the ball. The contact should sound like a "thud" not a "slap" sound. Hand follows ball to the target. Finish with hand along side or within bodyline.

**Two VS Two Drill**

Purpose: Teaches teamwork. Both players must work together to stay on the court.

Procedure: The court is divided up in half and the back line for this game is the 10 foot line. The game is played within the 10 foot line on one half of the court. The whole team partners off and 2 players are on one side and 2 players are on the other. Using only underhand serves, one team serves to the other and play begins. Once a team wins a side out, the losers must leave the court and the new challengers come on to face the winning team. Challengers serve. This game is fast paced and a fun way to get everyone involved.