



# Volleyball Training Manual



This manual is designed to help UCAA Volleyball Coaches teach proper skills that are being taught at the collegiate & Olympic levels. It contains basic skill explanation and the drills associated to help development.

# Serving

## Standing Float

### 1. Bow and Arrow

- Stand 45 degrees
- Hold ball in one hand
- Hitting elbow and hand back, shoulder back



### 2. Toss, left foot step, hit **OR** right foot step, toss, left foot step, hit

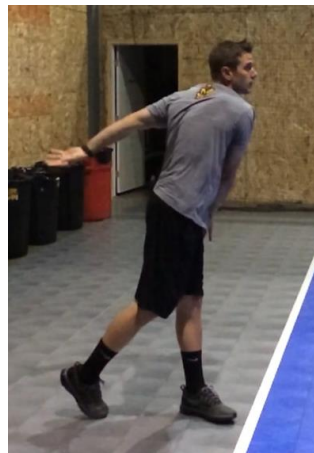


#### Important Points:

- If an athlete has trouble getting a serve over due to lack of power, have them do the step, toss, step, hit sequence.

- It is the opposite footwork for left handed players.

### 3. Step and swing to target (contact high)



# Serving Drills

## 1. Progressive Serving

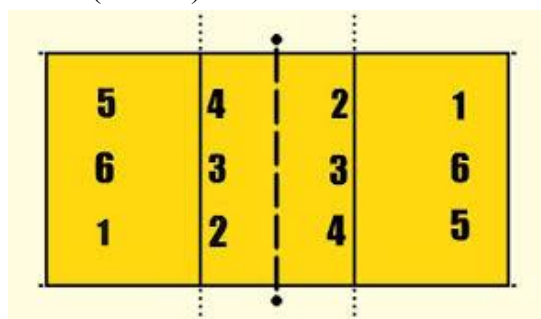
- a. EXPLAINED: Everyone has a partner and one ball. Each partner stands at the 10 ft line across the net from each other. They serve back and forth to each other. After they get 5 serves each, they take 2 steps back. This continues until they are at the end line.
- b. FOCUS ON: Form. Worry less about outcomes (especially when starting out) and focus on good technique.
- c. COMPETITION: You can make this game like by having the first teams to get 5 serves in a row at each station (10 ft, 15 ft, 20 ft etc...)

## 2. Serve Chase

- a. EXPLAINED: Everyone starts on the end line on one side of the net and has a ball. They serve the ball and chase it to the other side. This is a great warm up drill.
- b. FOCUS ON: Form. Worry less about outcomes (especially when starting out) and focus on good technique.
- c. COMPETITION: You can make this game like by having individuals get a specific amount of serves over the net (ie. 10 serves over the net wins the competition, 5 in row, etc...).

## 3. Around the World

- a. EXPLAINED: Separate into two teams. Each team lines up on the opposite end line from each other, ready to serve. They select one person to sit on the opposite side and try to catch one of their teammates serves without moving from a sitting position. If a ball is caught, the person who served takes the seated person's place.
- b. FOCUS ON: Tossing, stepping, and swinging to target. The direction in which they swing will determine where the ball goes.
- c. COMPETITION: The best way to play is to have a person seated, starting in Zone 1 (see diagram below). Once a ball is caught, the server will now take the place of the catcher and move to the next zone (Zone 2). First team to catch a serve in all 6 zones wins!



# Spiking

1. Starting Position (around the 14 ft line)

- Right foot forward



2. First Step – Small & Slow w/ right foot

- Arms down and in front



3. Second Step – Slightly Bigger & Faster w/left foot

- Arms down and in front

- 2<sup>nd</sup> Step on 10 ft line



4. Third Set – Biggest & Fastest w/ right foot

- 3<sup>rd</sup> step goes to the setter

- Arms straight and far back



5. Fourth Step – Fast and steps to ball

- Arms start to go up



6. Jump into Bow & Arrow

- Left arm reaches to ball
- Right arm back, palm down, chest high



7. Contact High

- Pull left arm down (torque)
- Hit on top of ball, arm extended above head



# Spiking Drills

## 1. You go, I throw

- a. EXPLAINED: Form “hitting lines” on each side of the net. A coach will be standing at the net and ready to toss a ball. Have a player start their approach and then the coach will toss the ball on the player’s 2<sup>nd</sup> or 3<sup>rd</sup> step so they can focus on their technique.
- b. FOCUS ON: Technique. Focus on their footwork, then their arm work, and then finally their bow & arrow.
- c. COMPETITION: You can make this game like by having the first person to do the correct form 5 times in a row or 10 times total. After players have mastered their technique, you can move towards having a chair as a target on the floor. First person to hit the chair wins!

## 2. I throw, you go

- a. EXPLAINED: Form “hitting lines” on each side of the net. A coach will be standing at the net and ready to toss a ball. Have the coach toss a ball and then have a player do their approach to “time” and hit the ball.
- b. FOCUS ON: Technique and Timing. Players need to be able to do their footwork, arm work, and bow & arrow while trying to time the ball in the air.
- c. COMPETITION: You can make this game like by having the first person to do the correct form 5 times in a row or 10 times total. After players have mastered their technique, you can move towards having a chair as a target on the floor. First person to hit the chair wins!

## 3. Stephenson’s (Spike Lines w/ Setters)

- a. EXPLAINED: Every player has a ball and forms “hitting lines” on each side of the net. A setter will be standing at the net. The first player in the hitting line will toss the ball to the setter. The setter will catch the ball and toss it back to the player. The player will pass the ball and then begin to take their approach while the setter sets the ball to them.
- b. FOCUS ON: Technique, timing, & passing. Players need to adjust to the set to be able to contact the ball with proper form.
- c. COMPETITION: You can make this game like by having the first person to do the correct form 5 times in a row or 10 times total. After players have mastered their technique, you can move towards having a chair as a target on the floor. First person to hit the chair wins!

# Passing Sequence

## 1. Starting Position

- Athletic Stance (knees bent, hands down)
- Weight slightly forward



## 2. Begin to shuffle your feet to the ball

- Begin to angle platform to target
- Face where the ball is coming from



## 3. Feet are stopped when contacting the ball

- Be balanced; angles are created and facing target



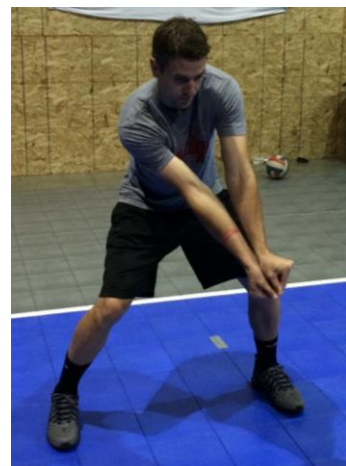
## 4. Get wrists & hands together

- Establishes the final platform angle



## 5. Finish with straight platform

- Use only the necessary amount of force



### Important Points

- Ball knows angles
- Let the angles do the work
- Simple movements are better than complex
- Ball knows force (moving arms up)
- Only use the necessary amount of force
- Best passers are able to read the game

# Passing Drills

## 1. Teach Passing Keys

a. EXPLAINED: The following are the passing keys:

### i. Wrist & Hands



### ii. Straight & Simple



### iii. Face Ball, Angle Arms



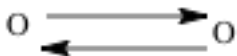
### iii. Shuffle Feet

### iv. Read the Server/Hitter

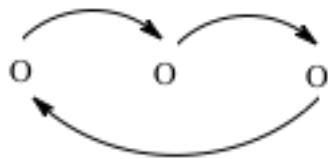
b. FOCUS ON: One key at a time. Focus on the one key using ALL the drills below until mastered. Then move on to the next key.

Drills:

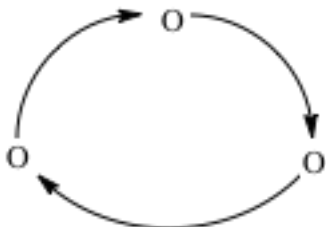
1. Toss, pass, catch



2. Pass in straight line overhead



3. Pass in a triangle



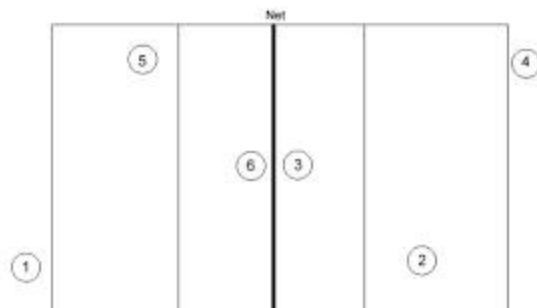
4. Butterfly

- Players 1 & 4 are tossing or serving

- Players 2 & 5 are passing to target

- Players 3 & 6 are targets

- Follow the number after each play (1 → 2, 2 → 3)





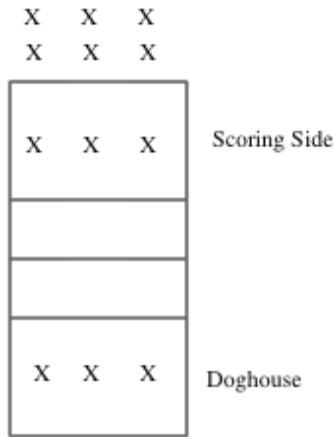
# Serve Receiving Drills

## 1. Dog House

Great drill for learning S/SR responsibilities

1. Win rally, get a point, get to the end of the line
2. Lose, go to the dog house (winners shag)
3. Teams can only score on receiving side. If team in the doghouse wins they don't get a point. They just get to get out of the doghouse.

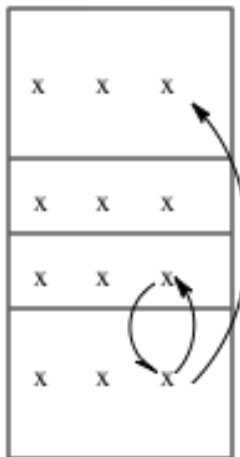
\*Coach to toss or serve\*



## 2. Arie

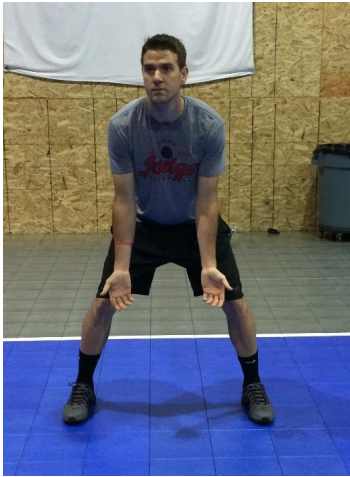
Great drill for warming up and getting 100's of reps in a very short period of time

- Partners trade front row / back row when the ball goes over the net
- Pass, pass, pass
- Pass, set, pass
- Pass, set, set
- Pass, set, roll shot

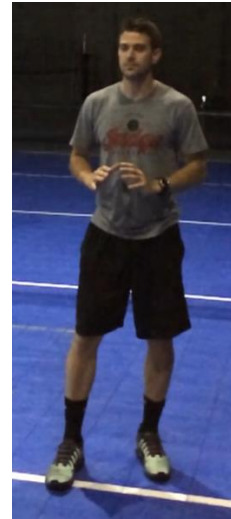


# Overhead Passing (Setting)

1. Starting Position



2. Begin shaping hands & moving feet to the ball



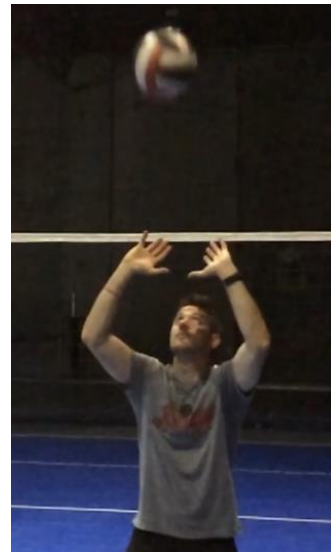
3. Get feet to ball completely

- Maintain shape while bring hands up



4. Hands are above forehead (still in shape of ball)

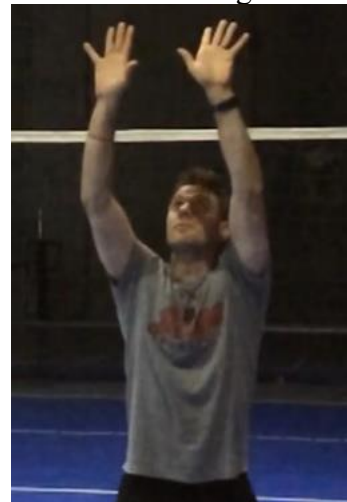
- Elbows are bent



5. Receive the ball, still maintain shape



6. Extend hands and fingers to target



# Overhead Passing (Setting) Drills

## 1. Teach Setting Keys

a. EXPLAINED: The following are the overhead passing (setting) keys:

i. Hands in Shape of the ball



ii. Face the ball, turn and set to target

iii. Extend hands and fingers to target

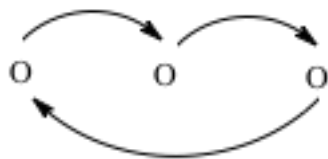
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Drills:

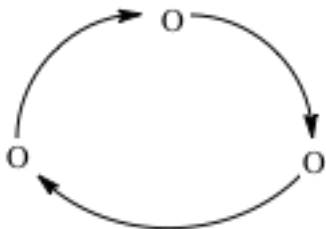
4. Toss, set, catch



5. Set in straight line overhead



6. Set in a triangle



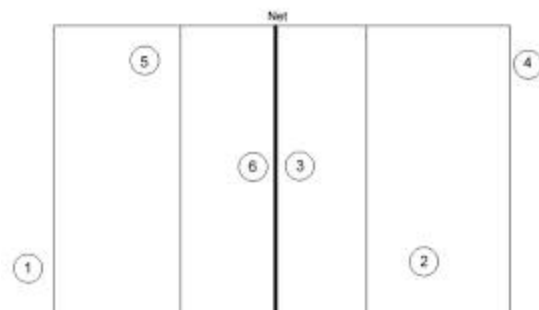
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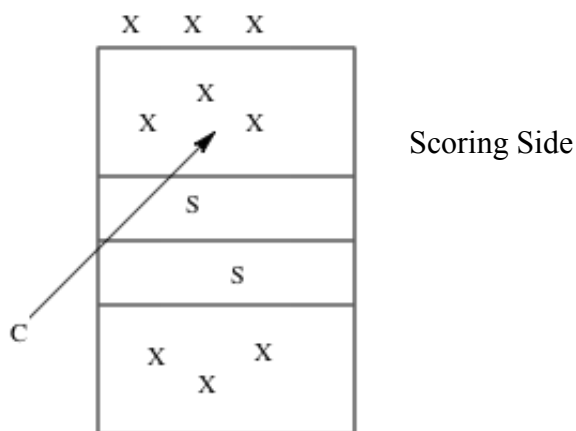
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# Small Group / Warm-up Games

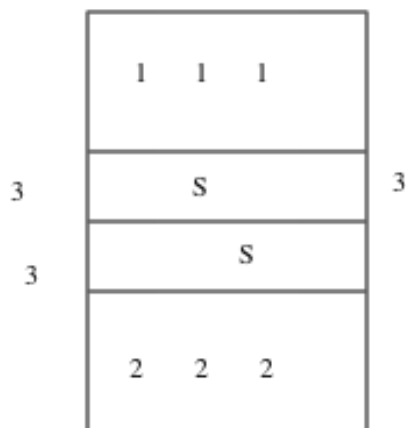
## 1<sup>st</sup> Time

- Coach tosses or hits to receiving team
- Receiving team must pass, set, hit on the 1<sup>st</sup> time to score a point and get out
- If receiving team doesn't pass set hit on the 1<sup>st</sup> time they can't get a point. The coach will continue to enter balls until they do
- If a rally occurs play it out, but it's a bonus rally.
- Once scoring team pass, sets, hits they will wave under the net



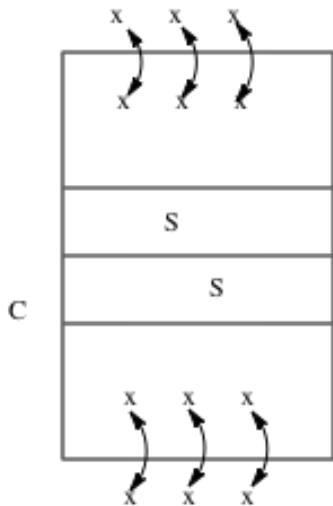
## 4's Bounce 1

- Make even teams if 3 or 4. Two teams are playing the others are shagging.
- Start with a serve. After rally ends bounce a ball to the serving team. The serving team must send a free ball over the net.
- If the receiving wins the serve and free ball they capture the serve. If not, same server serves again.
- Play to five points (every serve and bounce is a point)
- At the end of the game the winning team stays and the shagging team has 5 seconds to get on and serve.
- Play games to 5 points. Every time a team wins the game to 5 points they get a BIG point. Play games to as many BIG pints as you want. 5 is usually good.



### Exchange (in a row)

- Two teams are on two are off
- Coach enters ball to start rallies
- Teams are truing to get pass, set, roll shot. Younger kids pass, set, pass is fine
- Every time the ball crosses the net 1 in-a-row has been scored. When ball crosses the net the two teams exchange on and off the court.
- 40 is a great score
- Play for 20 minutes



### Neville's Pepper

- 3 minute rounds 3v3, 3v6, or 6v6
- Coach enters balls to 2 or 3 teams. Teams exchange every time the rally ends
- Scoring teams scores by winning the rally and/or digging the ball. They lose a point for hitting error or overpass. They lose ALL their points if they don't go/try for a ball.
- Use "+" "-" for scoring on the white board

