

# Volleyball

# Skills and Drills

## Individual Drills

### #1. (Individual-Stationary) 5 Essential Components

- A. Tuck** (tuck volleyball across chest)
- B. Grip** (grip volleyball with finger pads...prior to serve)
- C. Stance** (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)
- D. Foot Work** (slide left, slide right, slide forward, slide backward)...lateral and 45 degree angles
- E. Motor Skills Cues**

#### 1. Serving Cues (step by step progression with no ball)

- A. Stance** (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)
- B. Grip** (hold inside of ball with non-dominant hand extended out in front of body at chest level with your dominant hand extended out making a fist and resting under the bottom surface of the ball)
- C. Backswing** (swing your dominant fist hand extended from in front of your body at chest level down along your dominate hip and straight back to parallel to the floor behind you)
- D. Step** (step with opposite foot of striking hand towards target)
- E. Frontswing** (swing your dominant fist hand extended from behind you parallel to the floor along your dominate hip while transferring your weight from your back foot to your front foot contacting the ball with the heel of your hand at chest level in front of body towards target with appropriate force...extend arm)
- F. Freeze Frame** (after striking ball and following through, hold arm out pointing straight at target)

## 2. Passing Cues (step by step progression with no ball)

### Forearm Pass (Bump) Cues

**A. Stance** (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)

**B. Pass** (transfer your weight from your feet through your legs and pop your hips

upward through the ball...pass ball with your arms straight, forearms

parallel, dominant palm up on top of non-dominant palm up underneath,

contacting the ball with your forearms towards your target with appropriate

force....extend arms)

**C. Freeze Frame** (after contacting ball and following through, hold

arms out pointing straight at target)

### Overhead Pass (Set) Cues

**A. Stance** (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)

**B. Pass** (transfer your weight from your feet through your legs and pop your hips

upward through the ball...slightly bend your arms in front of you

forming a window at the crown of your forehead using your finger pads to

contact the ball towards your target with appropriate force....extend arms and

snap wrists)

**C. Freeze Frame** (after contacting ball and following through, hold

arms out pointing straight at target)

### 3. Spiking Cues (step by step progression with no ball)

**A. Stance** (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)

**B. Jump** (jump off floor with your non-dominant foot or both feet, transfer your weight from your feet through your legs and pop your hips upward through the ball)

**C. Spike** (take your dominant hand behind your ear on a backswing-bow and arrow motion, bring your dominant hand on a front swing, rotating your shoulders and hips, contacting the ball with an open hand slightly in front of your shoulder towards target with appropriate force...extend arm and snap wrist)

**D. Freeze Frame** (after striking ball and following through, hold arm out pointing straight at target)

### 4. Receiving Cues (step by step progression with no ball)

**A. Stance** (face target with shoulders square, drop hips, bend knees, feet shoulder width apart)

**B. Window** (make a target with arms extended, forearms parallel to one another, dominant hand palm up on top of non-dominant hand palm up, at chest level)

**OR**

(make a diamond by having your index fingers and thumbs together, facing the ball, at the crown of your forehead)

**C. Receive** (look the ball in to your target or diamond to track and absorb the ball with your forearms or finger pads)

**#2. (Individual-Stationary) Serve and catch**

**#3. (Individual-Stationary) Serve or toss, forearm pass (bump) and catch**

**#4. (Individual-Stationary) Serve or toss, overhead pass (set) and catch**

**#5. (Individual-Stationary) Serve or toss, forearm pass (bump) and continue forearm passing  
(bumping) as many times as possible consecutively**

**#6. (Individual-Stationary) Serve or toss, overhead pass (set) and continue overhead passing  
(setting) as many times as possible consecutively**

**#7. (Individual-Stationary) Serve or toss and alternate forearm passing (bumping) and/or  
overhead passing (setting) as many times as possible consecutively**

**#8. (Individual-Stationary) Toss, spike and catch (against the wall or bleachers)**

#### **Partner Drills**

**\*Explain**

**F-Force** (light, medium, heavy)

**A-Angle** (45 degrees, 90 degrees, parallel, perpendicular)

**C-Contact Point** (center of ball)

**T-Trajectory** (flight path of the ball)

**#9. (Partner-Stationary) Serve and catch**

**#10. (Partner-Stationary) Serve or toss, forearm pass (bump) and catch (switch)**

**#11. (Partner-Stationary) Serve or toss, overhead pass (set) and catch (switch)**

**#12. (Partner-On the move) Serve or toss, forearm pass (bump) and continue forearm  
passing(bumping) as many times as possible consecutively**

**#13. (Partner-On the move) Serve or toss, overhead pass (set) and continue overhead passing  
(setting) as many times as possible consecutively**

**#14. (Partner-On the move) Serve or toss and alternate forearm passing (bumping) and/or overhead passing (setting) as many times as possible consecutively**

**#15. (Partner-Stationary) Serve or toss, spike and catch (switch)**

**Group of 3 Drills**

**#16. (Group of 3-On the move) Triangle Serve or toss, forearm pass (bump) and continue forearm passing (bumping) as many times as possible consecutively**

**#17. (Group of 3-On the move) Triangle Serve or toss, overhead pass (set) and continue overhead passing (setting) as many times as possible consecutively**

**#18. (Group of 3-On the move) Triangle Serve or toss and alternate forearm passing (bumping) and/or overhead passing (setting) as many times as possible consecutively**

**Group of 4 Drill**

**#19. (Group of 4-On the move) 2v2 Mini game (No net)**

**Whole Class Drill**

**#20. (Whole Class-Stationary) Serving (Net)**