

Warm-up Activities

Full court Movement:

- a) Skipping with big arms
- b) Skipping backwards
- c) Karaoke
- d) Side Shuffle
- e) Long jump (grasshopper, leapfrog)
- f) Backwards
- g) Hurdle Kicks
- h) High Knees with arms swinging upward from the shoulder
- i) Jump 180 turn jump (Ninja)
- j) Jog forward with 360 arm circles (forward then backwards)

Full Court Setting:

- a) Feet close together/ball in hands/throw/let bounce/catch /repeat
- b) Proper position/bounce on line
- c) Same as b, but continuous setting
- d) Standing on the spot/ Weight on front foot - front set
- e) Standing on the spot/ Weight on back foot - back set

Full Court Passing:

- a) Passing while going full court, forward
- b) One low/one high
- c) One set/one pass
- d) All of the above side ways

Full Court Partner Work: (with or without net)

- a) Throw, catch, shuffle / throw, catch, shuffle / repeat full length of court
- b) Throw, forearm pass/ throw, forearm pass/ jog back, switch
- c) Pass/shuffle/pass
- d) Pass to self/set to partner/shuffle
- e) Pass to self/set to self/Bump to partner
- f) Pass to self/head to self/set to partner
- g) Pass to self/back bump to partner
- h) Pass to self/180 backset to partner
- i) Pass to self/rollshot to partner

Warm-up: Dynamic Stretching

- a) Hamstring sweeps - dbl arm circle and sweep down to one extended leg with flexed foot – alternates from leg to leg/ jog back
- b) Slow butt kicks - heels attempt to touch hands that are flat on buttocks/ jog back
- c) Hip circles - inward towards the net and outwards back to end line
- d) High knees - with alternate arm swing-punch
- e) Russian kicks - Kick forward and extend opposite arm to touch toes.
- f) Airplane - Touch the floor-single arm circle then follow thru to toes.
- Same exercise but using same arm same leg
- e) Bear crawls - Crawl like a bear
- f) Squat and stand - Squat, grab toes, stand up while grabbing toes
- g) Lunge and twist - Lunge and twist at waist, 1 arm to the ceiling and 1 to the floor.

Other routines

Routine #1:

Squat with both hands touching the floor – stretch legs

Extend out into a plank – down up

Full Lunge one leg forward – raise alternating arms up to the ceiling

Bring back leg forward to meet lunge leg (2nd position squat)

Lunge side to side 4 x's with arms forward like as if passing

Routine #2:

Drive knee up into the chest and hold it against chest

From the hold drop into a ½ lunge

Stand up and drive the opposite knee into chest

Lower down into the ½ lunge

Add-on#1: when you lower into the lunge fully extend both arms above your head

Add-on #2: Twist to the side of the forward leg

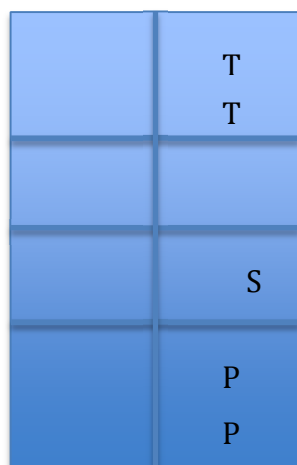
Over the Net Drills: (bump/set/spike/ follow your ball)

A) Over the net warm up drills:

T throws the ball over the net to P

P forearm passes the ball to the setter and then runs up to the net

S setter catches the ball and runs to the throwing spot



B) Passer catches at the belly button and throws to the

setter and the setter sets to the passer and the passer sets ball over / Follow your ball

C) Same as Drill A but the passer hits from the standing position after throwing the ball to the setter and the the setter setting back to them

D) Same as Drill A but the passer hits with an approach and a jump

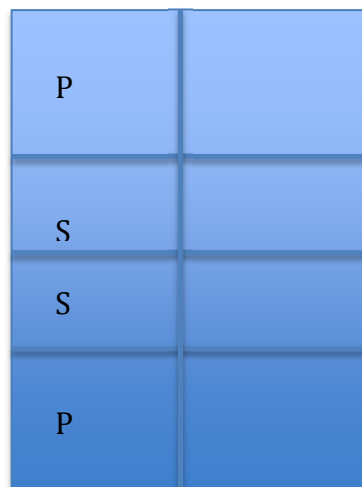
Over the Net Drills: (Bump/set/spike -staying on your side)

Passer forearm passes to setter

Setter sets back to passer and passer sets over, players on that side switch

The switch is passer to setter and setter to end of the line, if there is more than 2 players

- A) Pass/set/set over
- B) Pass/set/bump over
- C) Pass/set/ standing hit
- D) Pass/set/ hit over
- E) Pass/set/ tip over
- F) Pass/set/roll shot
- G) Back row attacks



Partner Drills:

Warm up and Ball Control activities

- a) Toss to partner/catch / throw back – 10 times
- b) Toss to partner/ pass 10 perfect passes to your partners forehead
- c) Continuous setting
- d) Continuous passing
- e) Toss/ pass in a lunge position 10 times
- f) Toss / pass while going backwards
- g) Toss/ pass/ set/ hit/ dig /catch – all five actions must be completed to get a point. Initiation to peppering.

Advanced Add-ons:

- h) 2 ball passing – 1 rolls while 1 passes
- i) Write #'s on the ball – player must call the number & pass the ball
- j) Ball is served – call # you see 1st & call # you see last – pass ball
- k) Pass mini balls from coach

Note:

In between each one of these from A to I you can do icebreakers for team building

OR they can switch partners after each one

Arm Swing

- a) Standing – hold ball low - snap ball
- b) Standing – hold ball high – snap ball
- c) Toss the ball
- d) Approach – toss – hit

Team Warm-up games:

Patterns

- a) Defense: 6 per side – coach yells POWER 3 times. Players go through appropriate defensive actions – rotate
- b) Offense: 6 per side – coach yells FREE BALL 3 times. Players go through appropriate offensive actions – rotate
- c) Use a ball in the above drills – set over/hit to 6/hit line/hit 5/tip (focus on digs to middle, staying low, positioning)
- d) Same as above but players rotate every time the ball goes over
- e) Play “ where’s the ball” volleyball. 6 on 6 with no ball, players call out the play by play.

Cross Fit Workouts:

- a) 6-5-4-3-2-1- squats/lunges/burpees/sit-ups/
- b) 6-5-4-3-2-1- mtn climbers/jump squats/jump lunges/elbow to straight arm plank
- c) 50 skips.... Partner: squats / lunges/ burpees/ sit-ups/ mtn climbers / plank/ push-ups
- d) Wall touches partner: squats / lunges/ burpees/ sit-ups/ mtn climbers / plank/ push-ups
- e) 50 club: (In partners)50 of everything- Squats / lunges/ burpees/ sit-ups/ mtn climbers / plank/ push-ups / bench hops. One partner does as many as they can, while the other rests