

USAV HP Programs - Drill Manual

Camp drills are given in this section:

* indicates a drill that is listed in the camp overview



indicates a drill or drill format used by the USA national women's team

Other drills are given as suggestions or are examples of drills that have worked well in past camps and may be incorporated at the camp head coach's discretion.

.....➤ indicates the direction of the ball; # given indicates sequence of contacts

————➤ indicates direction of player movement

X player (may be letter indicating position; e.g., S for setter; L for libero etc.)

▲ coach

Note: Manual was prepared by Mark Britner; please feel free to contact him if you have any questions or if a drill is not clear; mbritner@franklincollege.edu; cell: 317-446-7151

Sections:

USA Warm-up drills

1. Run/stretch
2. Bounce-set/ hit-dig
3. Block 3's
4. Partner pass
5. 3 on 3 over the net (OTN) pepper– 4 way
6. Exchange

Setting/Ball Control/Defense drills

7. Partners/set in 3's
8. Rainbow setting
9. Setter dig and set
10. Forearm passing: 3's + 2 balls
11. Out of system setting
 - A. Front row
 - B. Back row
12. 2 line dig and set
13. 3 into 2 dig and set
14. Libero/middle blocker set
15. Seam digging

4 on 4/ 5 on 5 drills

16. Exchange
17. x-court pepper
18. A & B. back row attacking I and II
19. attack on net out of serve receive/back row
20. middle attack
21. set and cover: 4 on 4
22. doughnut

Blocking/ digging/ Coopetition drills

23. Block 3's
24. BSBH (ball-setter-ball-hitter)

- A. Individual
 - B. Individual – camp variation
 - C. 3 blockers
 - D. 6 on 6 trans
- 25. Nevilles
 - 26. Serve + bounce + bounce
 - 27. Waves
 - 28. 4 ball transition
 - 29. Queen of the Quick I and II
 - 30. Queen of the Court
 - 31. 6 on 6 – wave on one side

Serving/passing drills

- 32. 4 passing 3 positions
 - B. serving/liberos pass
- 33. USA 50
- 34. 6 before 3
- 35. “18”
- 36. 3:2
- 37. Butterfly
- 38. Reverse butterfly
- 39. ½ butterfly

Attacking drills

- 40. Self toss to attack
- 41. Pin hitting
- 42. 2-ball attack
- 43. Attack warm-up
- 44. Block – transition – attack footwork
- 45. Back row attacking
- 46. Combo attacking: individual and team
- 47. Breakout attacking – outsides

More team ball control drill + other 6 on 6 drills

- 48. A – F Pepper variations
- 49. 10-10-10
- 50. I know who you set last summer sequence
- 51. Great wall
- 52. Joust
- 53. Virus
- 54. Tequila sunrise
- 55. Football
- 56. Baseball
- 57. Ping pong
- 58. BONGO scoring (in a row's)
- 59. Team 3 before 2

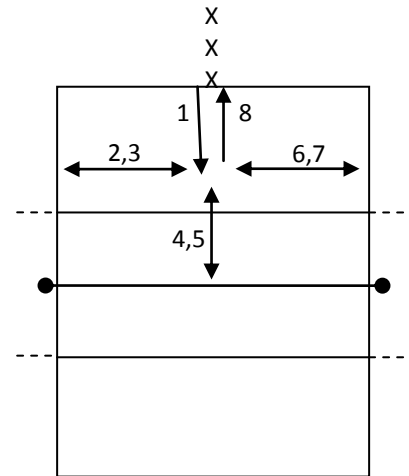
USA Warm-up/Ball Control drills (after core and dynamic stretch)



1. Run/stretch:

run to middle of the court (1) ; shuffle to one side line and back to middle (2,3); run to net and back pedal to middle (4,5); shuffle to other sideline and back (6,7); turn and run to end line (8);
After 2 x's add a sprawl/roll at each side line and the endline

Additional stretching on own when finished



*2. Bounce-set / hit-dig: partners

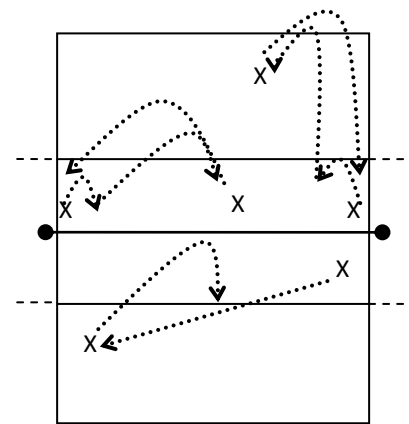
Bounce-set: shown in top of court

player at the net will bounce the ball on the court and her partner will set the ball back. Players should set from the areas of the court they play and move around to different positions;

Hit-dig: shown in bottom of court

player at the net hits at partner who digs 20'-10' (20' high & 10' off the net) – do not dig back to the hitter! Dig x-court and/or line

Camp variation: with additional numbers of a camp this may have to be done in a circle format or possible in groups of 3 (bouncer/hitter + 2 players alternating setting/digging etc.)



*3. Block 3's –

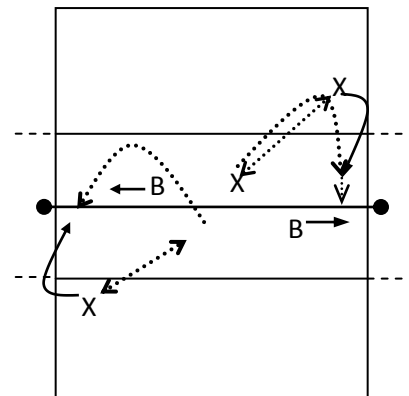
Purpose: working on attack and block footwork & block eye sequence

Format: Setter hits at hitter who digs back to setter: setter sets and hitter approaches and **tips** into the block
Setter ducks under the net and blocker now becomes hitter and hitter becomes blocker; rotate round so a player becomes the setter after a certain number of balls; another group of 3 -4 on other ½ of the court

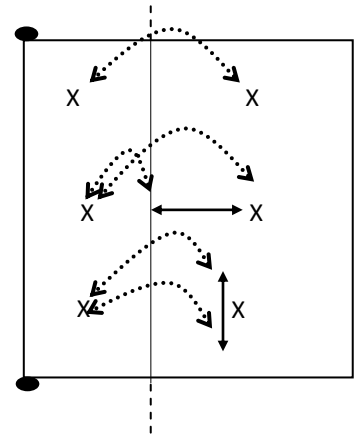
Emphasize: blocking technique and eye work (BSBH – ball, setter, ball , hitter) and attack footwork

Camp variation: 4/5+ players per group

4: add player to cover hitter and play ball up after the block or set up a rotation with 5+ players



- *4. **Partner pass:** over head and/or forearm
 - Straight (passers stationary)
 - Forward – backward
 - Side to sideEmphasize: overhead and forearm technique cues



- *5. **3 on 3 over the net pepper – 4 way**
 USA goal: 20 consecutive balls each of 4 ways in under 10 minutes; organization see fig. 1

Players rotate every time ball crosses the net; attack from the attack line

4-ways: see fig. 2

- down line
- x-court lf back to lf. back
- x-court rt back to rt. back
- down other sideline
- (note: groups will need to switch sides of the court, e.g., left to right & vice versa, to follow the pattern)



- Camp variation:** partners (or rotate with 3+ per side); have two groups working together per court
- Follow same format of 4 directions, fig. 3

Fig.1

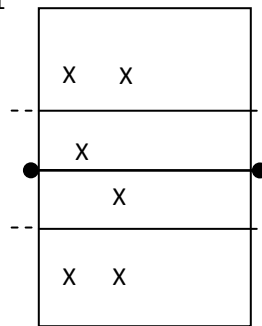


Fig. 3

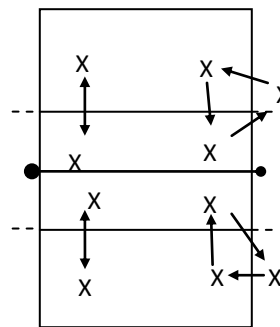
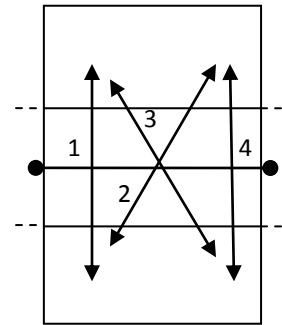


Fig. 2

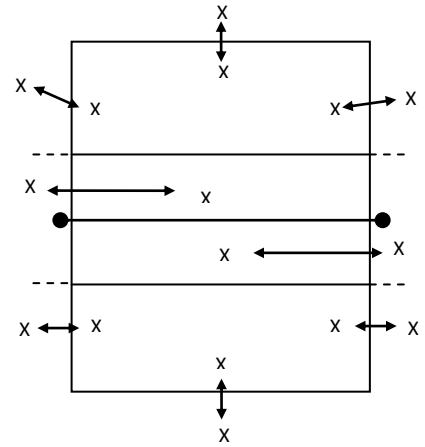


***6. Exchange:**

USA goal: 100 consecutive balls

when ball crosses the net a new team exchanges with the team on the court

variation: leave setter at the net and only exchange with the 3 backrow players

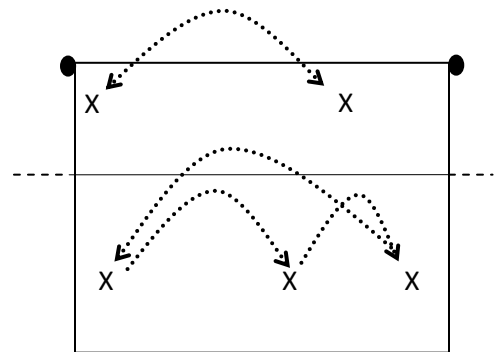


Setting / Ball Control / Defense drills

***7. Partner setting (top)**

***Set in 3's (bottom) - middle player back sets**

Objective: work on basic technique/release



***8. Rainbow setting: (setter positional work)**

Setter releases to net; coach tosses ball and setter set a **go** set; coach tosses another ball and setter sets a **hut**; next ball is tossed off the net and setter sets a **4**

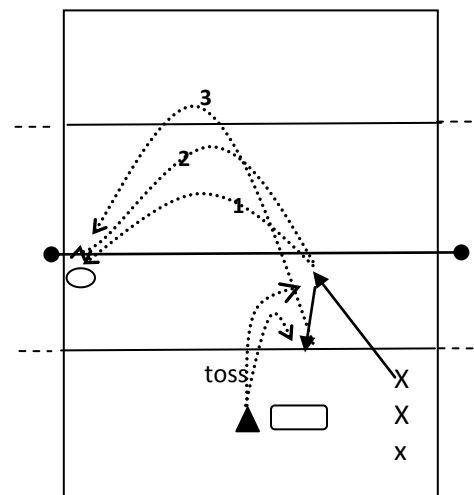
Variation: back sets

1st ball – red

2nd ball – 5

3rd ball – D (back row set)

Have setter release from different areas of the court

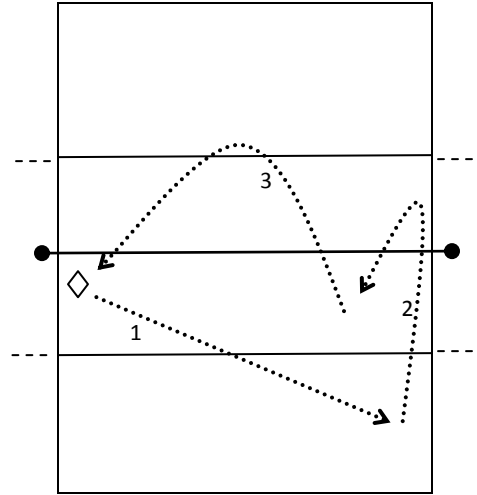


***9. setters dig and set** (setter positional work)

Purpose: work on setting from defensive transition / digging

Format: Coach hits at either rt. back or rt. front who digs, the other player sets outside

Variation: set back sets

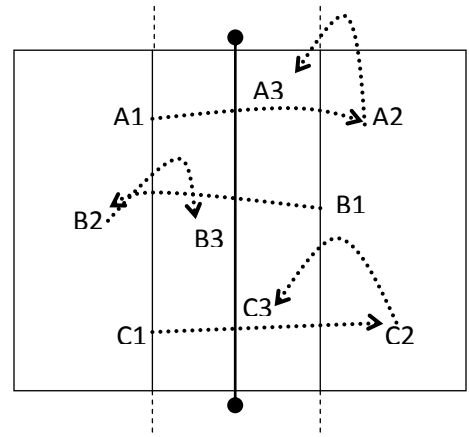


***10. Forearm passing: 3's + 2 balls**

Emphasis is on passing cues

Format: 3 groups per court; tosser, passer, target; additional players divided among the three groups and rotate around. Use two balls; target bounces ball to tosser/server as soon as toss/serve is made

Rotate by time or #: eg. 1 min. or 6 balls etc.



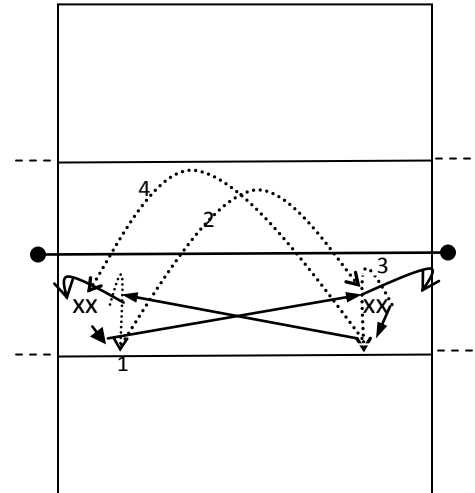
11-A. Out of system setting – front row:

Purpose: Good warm up/ball control drill

Work on out of system setting from front row

Format: player sets to self 4-8' to the side (around the 10' line) then sets ball high cross court – follow ball as in covering a hitter (stay to the inside)

Variation: use forearm pass



 *11-B **Out of system setting – back row**

Purpose: Good warm up/ball control drill

Work on out of systems setting from back row

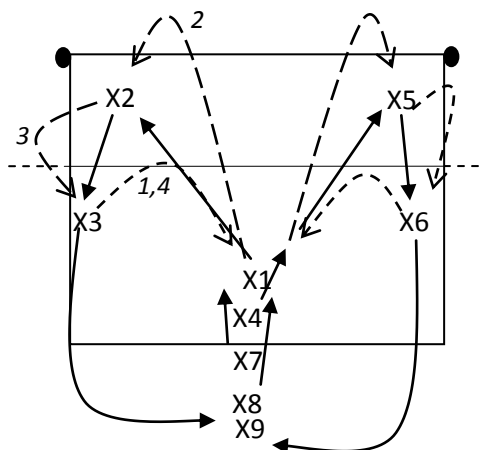
Format: with 2 balls going simultaneously

to start: X3 sets ball to middle of court X 1 sets high outside set ►X2 sets to X3 who sets to middle of the court ► X7 will now move into the court to set. The same format is followed on the right side of court; to get the timing X6 waits and sets to X4 after X1 as set; X4 sets to X5 who sets to X6 who sets to X8

Rotation of players: X1 follows ball and replaces X2 who follows ball and replaces X3; X3 after setting into the middle of the court moves to the end of the line; X4 follows ball to replace X5 who follows ball to replace X 6 who goes to the end of the line

Works best with an odd number of players – otherwise the middle back player will set the same direction every time

Variation: use forearm pass

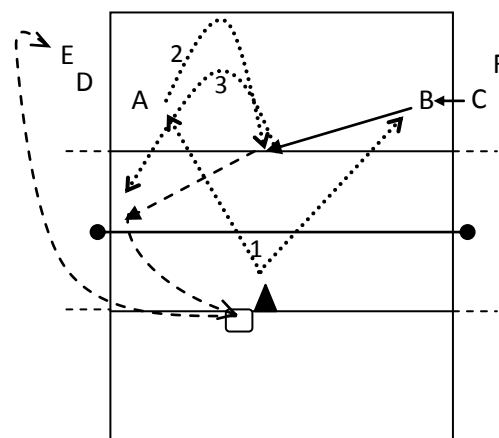


12. **2 line dig and set:**

(libero positional work or full camp)

Coach hits to A (#1) who digs ball high in middle of the court (#2): B moves in and sets high outside set (#3) then follows set (B must catch the set then hands ball to the coach and goes to opposite line); A stays
Coach hits next ball (#4) to C and A sets

**Each player will dig a ball then set a ball (except for B to start the drill)



***13. 3 into 2 Dig & Set**

(positional work or full camp)

Starts out as a 3 person drill but becomes basically a 2 person drill;

fig. 1 Coach hits to one of the 3 back row players (e.g., B); one of the other two steps in (e.g., A) and sets high outside set and follows the set (as covering a hitter)

fig. 2 B and C balance the court and coach hits at either of these players (e.g., B): one digs the other sets outside and follows the set;

fig. 3 the first setter (A) now rotates back in and balances the court with (B)

Same 3 players continue for # of "hittable" balls e.g., 5-10

Emphasis: dig to middle of the court, high outside sets off the net and slightly in the court; communication between players

Variation: add hitting lines **Fig. 4**

Fig. 1

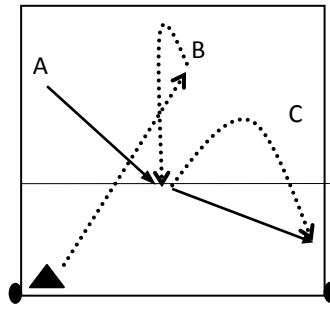


Fig. 2

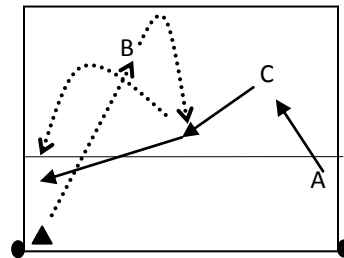


Fig. 3

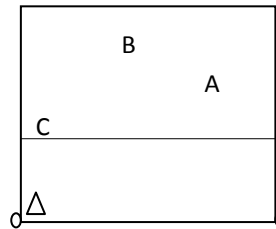
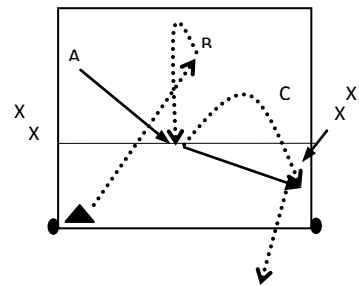


Fig. 4



***14. Out of System: libero/middle blocker set**

Purpose: work on libero and middle blockers as out of system setters; libero sets balls dug outside the attack line and middle sets balls dug inside the attack line

Format: coach chips ball (down line and /or cross court) to setter who digs

Emphasize: communication between the setter/libero and middle blocker
set high "hittable" ball

Variation: add attackers – lf., rt. front &/or middle back

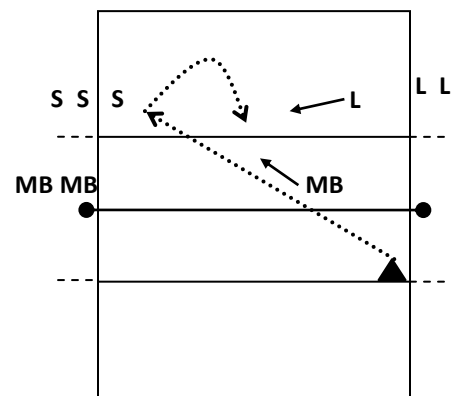
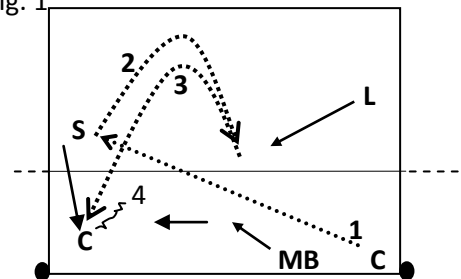


Fig. 1



Variation: players cover the set; coach tips ball back to simulate attack being blocked; cover ball and set again. see Fig. 1

15. **Seam Digging:**

(could be done in libero positional work or full camp)

purpose: work on digging balls hit into the "seam"

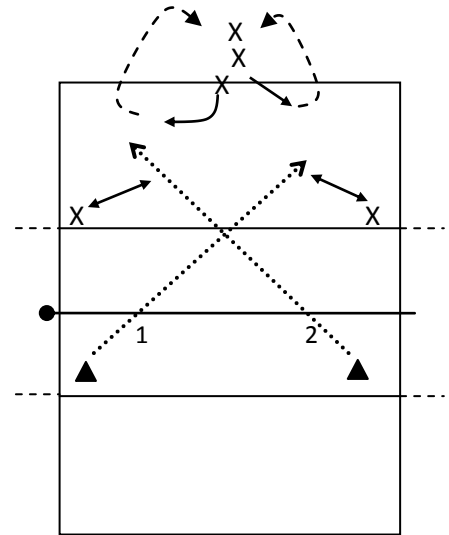
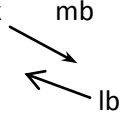
format: 5 players/2 coaches

3 middle back players move in a figure 8 pattern

Wing diggers move from base

Coaches alternate hitting into the seam between middle and right back, & middle and left back

emphasize: crossing pattern with wing digger going in front of the middle back



4 on 4 drills/ 5 on 5

Goal: controlled play (i.e., keep ball in play) use as warm up or ball control

or

"coopetition" (i.e., trying to score – play to a certain # of points)

Initiation of drill: by serve (use extra players as servers) or coach/player chip in

Format: players may stay or rotate; the following diagrams illustrates versions of 4 on 4 drills with various way to rotate players

Note: most of these drills may also be done 3 on 3 or 5 on 5



*16. **(see # 6) Exchange** USA over the net pepper drill;

can also be played 3 on 3 (back row)

3 on 3 variation: each of the 3 players must touch the ball

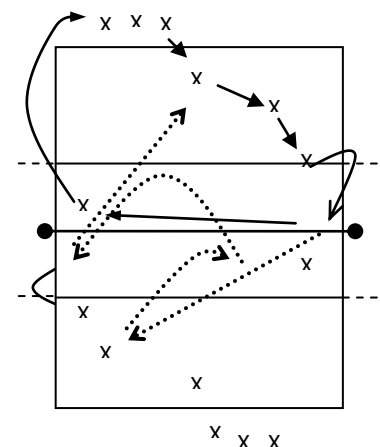
*17. **X-Court Pepper:** fig. 1

emphasis: ball control; left side attacking & transition; one on one blocking & defense against left side attack

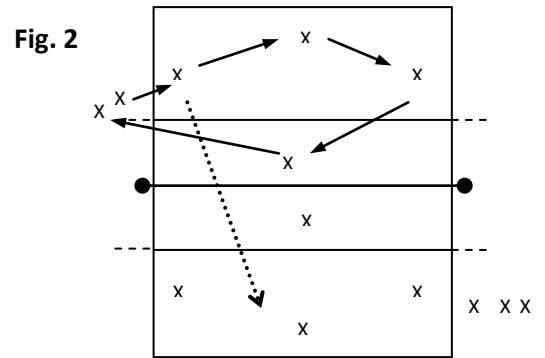
format: 4 on 4; left & rt. front, rt back, middle back

rotate clockwise every time ball crosses the net

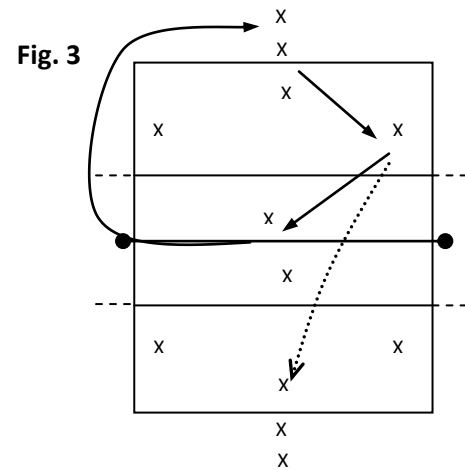
Fig. 1



- 18 A. **Back Row Attacking I:** fig. 2
Rotate clockwise every time ball crosses the net

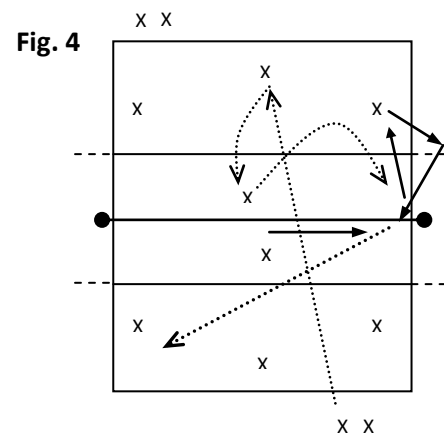


- 18 B. **Back Row Attacking II;** fig. 3
Hitter replaces setter; setter rotates out; new player replaces hitter
 (Allows player to stay on court until she gets to hit a ball)



19. **Attack on net out of serve receive;**
back row attacking rest of the rally; fig. 4

Allows for transition from serve receive to attack; attack vs. one blocker; any of the back row players may hit or designate only left/right side etc. To emphasize communication have the attacker call out her set – attacker must go back to the back row to play defense
 Extra players may serve to start play



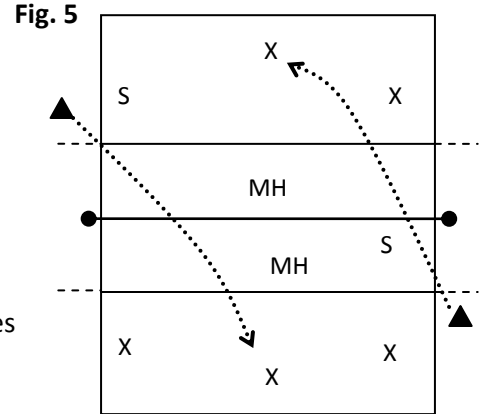
20. Middle Attacking: fig. 5

Emphasis: middle blocking & transition attacking

format: coach chip in (shown) or serve
 only middle may attack; all other players must free ball over
 Winning side gets next ball or alternate sides

Scoring: every ball scores, play 7-11 pt. games then rotate middles

Variations: -allow for back row attacks
 Middle attack scores 2; backrow attack scores 1
 -5 on 5 with setter @ rt. front (bottom 1/2 of court)



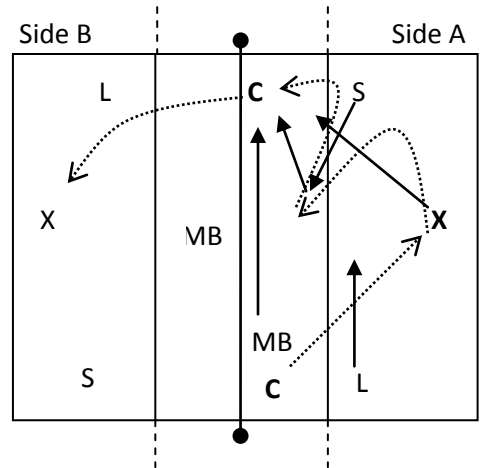
21. Set and Cover: 4 on 4

Extension of drill # 14.

Purpose: setting and covering hitter (good drill to work on out of system setting by initiating drill by hitting at the setter)

Transition attacking by middle on side B

Format: coach hits at one of 3 backrow players on side A; ball is dug and set to either coach - players cover; the coach will tip ball back to simulate a blocked attack
 OR
 send ball over to side B to transition attack (shown in diagram)

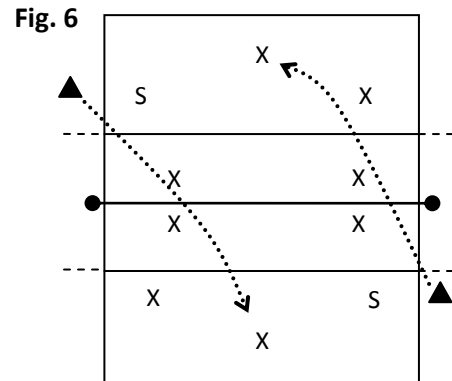


22. 5 on 5 ("doughnut"): no middle attacker, fig. 6

Objective: work on one on one outside hitting/blocking; digging around one blocker

format: coach chip in (shown) or serve; winning side gets the next ball or alternate sides

Scoring: every ball scores, play 7-11 pt. games



Blocking / Digging drills

 *23. **Block 3's** – diagram 3 in warm up drill section

*24 A. **Ball-Setter-Ball-Hitter: (BSBH) individual**

Emphasis: eye sequence of blocker

No wrong moves - "don't go before you know!"

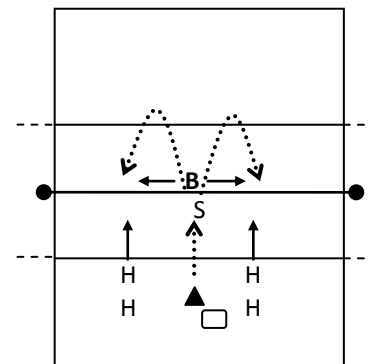
Block footwork pattern: quick or dynamic 3

initiate drill: off a pass or coach toss but coach must

be in position to watch the eyes of the blocker;

Setter sets front or back set (randomly) "2" height

blocker must react and block



Tip: coach can occasionally toss a ball over the net or the hitter should not jump to make sure blocker is focused on the correct cue.

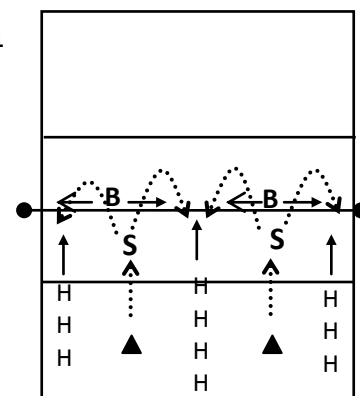
24 B. **BSBH individual - camp variation:** same format/purpose as above but to get more players involved divide court in 1/2 long ways and have two groups at a time OR

A safer format shown in Fig. 1

have 3 hitting lines and alternate tossing to each setter;

middle hitting line must be ready to hit from either setter. Middle hitting line should rotate to side the ball was set to go back to the end of the line

Fig. 1



24 C. **BSBH – 3 blockers;** **fig. 3**

(variation - not listed in general session outline)

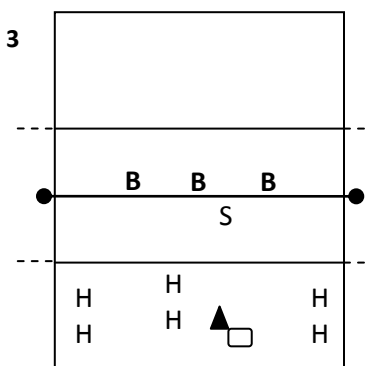
Purpose: work on eye sequence and coordinating 2 person block


Format: Same concept as previous drill but with 3 blockers and 3 hitters

Coach tosses/passes or have libero pass a chipped ball

vary passes – i.e., pass some over net, off the net

Fig. 3



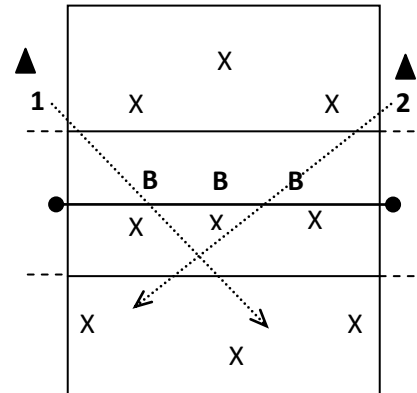
 *24 D. **BSBH – trans (6 on 6)** fig. 4


Note: this drill is used extensively by national team

chip the ball over the net to start play; the receiving team blocks then transitions off the net to attack; alternate sides of the court so both left and right side hitters work on transition.

if the defense gets the ball up they give an easy free ball back over the net to the receiving team:

Fig. 4



 *25. **Nevilles**

Coopetition defensive drill

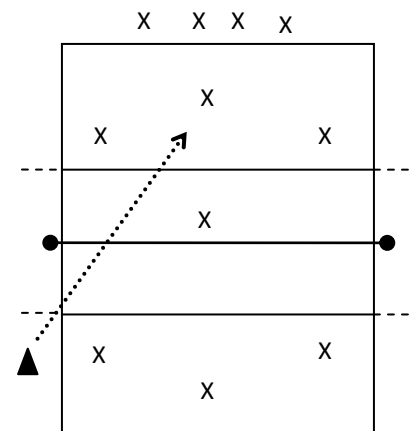
Format: defensive side has 3 back row players; receiving side has back row plus a setter; coach chips ball to receiving side and rally continues to natural conclusion

Scoring: defense gets 1 pt for every playable up, 1 pt for winning rally; -1 for error (note: possible to score more than 1 pt per rally)

only the 3 person “defensive” side scores; the group of 3 which scores the most points when on defense wins the drill

Rotation: Defense side of 3 stays for predetermined time (e.g., 2 min); side of 4 exchanges at end of every rally (may let setters stay)

variation: add blocker to defensive side



 *26. **6 on 6: serve + bounce + bounce**

Coopetition drill – good drill to do in tournament teams

Format:

Serve (1) : side A serves

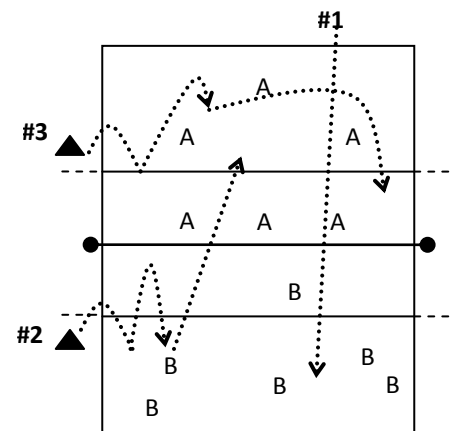
Bounce (2): when rally ends bounce ball on side B which immediately sends free ball to side A


Bounce (3): bounce on side A – this is the first contact and side A has two contacts left to return ball –

Variations: designate where the set on 2nd bounce must go; i.e., left side/ back row etc.

Put both/either side in a different rotation

Scoring: every ball scores – play to 25



 *27. **Waves:**

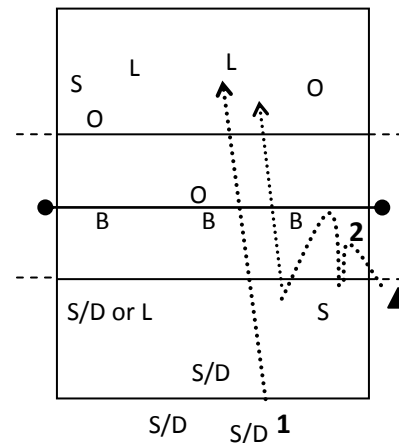
Format: 3 players in a wave: OH, MB, OPP;
 3 waves (offense, block, serve/defense)
 Setters and liberos stay
 Play 2 balls: serve and a chipped ball to the offense


Scoring & rotation:

- *If offense wins both balls they stay and the serve & block waves trade
- * if defense wins a rally the block wave wins a point: block wave goes to offense; serve wave to block; offense waves becomes the serve/defense wave
- *if serve is an ace – serve wave wins a point and trades directly with offense: block wave stays.

Every ball scores: play 25 points total (e.g., the score could be 12 – 8 – 5)

Camp variation: may have more than 3 waves; rotation would be off – serve/defense – block - offense



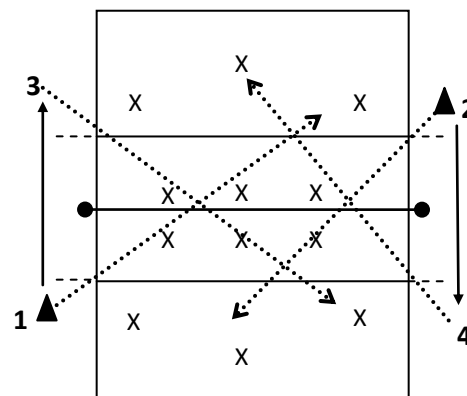
 *28. **4-ball trans**

Good drill to do in tournament teams

Purpose: work on transition off net to attack

Format: Coaches chip in alternating teams and sides.
 Receiving team blocks with middle and outside
 After 4 balls – repeat sequence

Scoring: every ball scores - play to a pre-determined number of pts. – e.g., 15 or 25



 29. **Queen of the quick I & II:**

(6 on 6 variation of drill # 20)

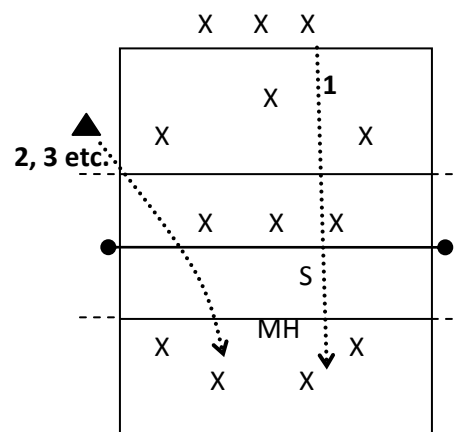
Purpose: work on middle attack

- I. Serve + continuous free balls to receiving team until the defense gets 4 stops. On free balls the first attack must be by the middle – on serve and after initial free ball attack the ball may be attacked by anyone.
- II. Same format as above but Serve + 2 free balls: four rounds = 12 opportunities

* in both drills, rotate middles around and keep track of the number of points each scores

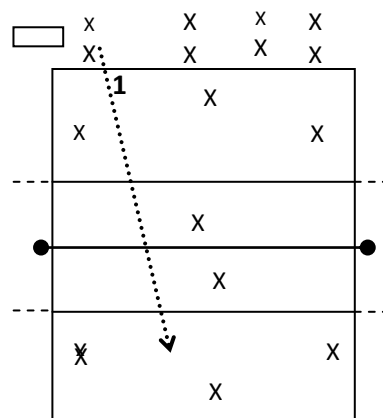
Note: setter should be in right front to allow middles to run slides

Extra players can be servers



***30. Queen of the Court:**

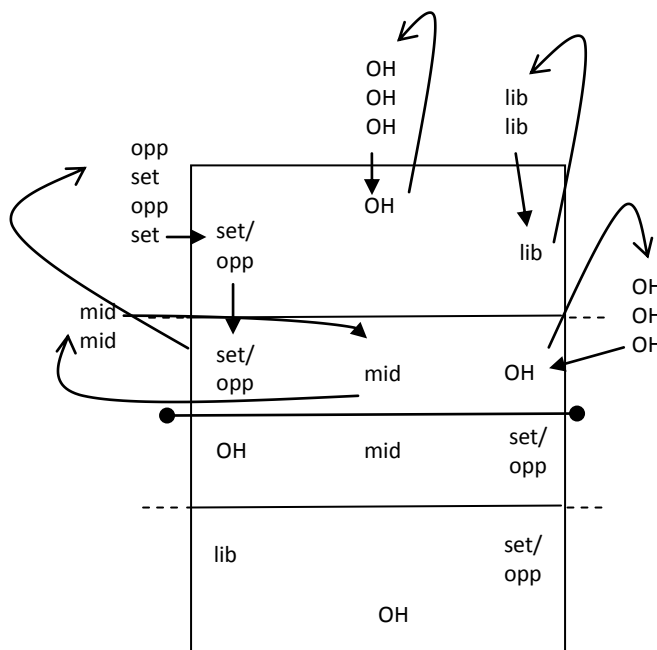
Designate winners side; winning team goes/stays on winners court and losers rotate out (make sure they shag the ball) and go to the end of a line;
 Next four in line move on court; serve comes from the new side (i.e., previous winners receive)
 Players keep track of points earned when on the winners court



***31. 6 on 6 – Wave on one side:**

One side stays for a predetermined # of balls or time; other side rotates every 2 or 3 balls.

This is a good format for getting evaluations of the players on the side that stays. Have that side stay until evaluators are ready for a new group



Serving/Passing Competition games

***32. General format: 4 (or more) passing 3 positions**

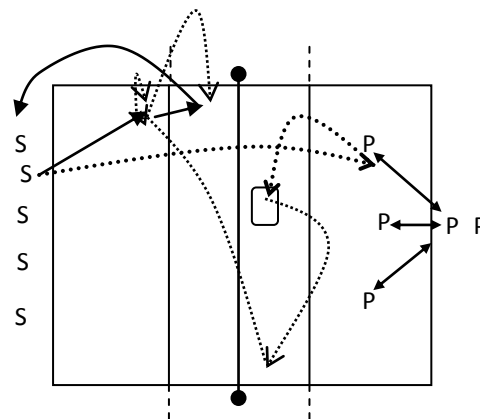
Purpose: serve/pass

Format: Passer rotates out and player who is out takes place of passer– passes can be set by setter or caught;

variation: shown right:

server moves to a defensive base position and the coach tosses the passed/set ball over the net – the server/(now defender)first sets to self then sets ball high and outside – catches own ball and gets back in serving line

variation: can serve and pass from both directions



***32B. serving/liberos pass:**

Purpose: extra serve receive work for liberos; extra serving for others;

Format: depends upon # of liberos; suggested to use the **general format of 4 passing 3 (#32)**

Variation: use with other positions; i.e., all outsides etc

***33. 🇺🇸 USA 50 – (popular national team drill)**

3 passers or (4 passing 3 shown right)

Servers vs passers; servers serve a total of 50 balls; rate the pass/serve national team uses 0-4 scale; passers must pass a 3.0 and server must serve 1.25

***34. 6 before 3 (Team Competition)**

Objective: passers get 6 points before servers score 3

Scoring: passers + 1 pt for a pass to target (e.g., a pass that can be legally set) or for a missed serve

Servers + 1 pt. for every pass that is not legally set

Scoring can be adjusted to match skill level to keep games competitive; e.g., better teams might be 6 before 2 etc.

format: Teams of 4 or 5; each team could have own setter or same setter for both teams: with 4 passers whoever passes comes off & new passer comes on **see fig. 1**

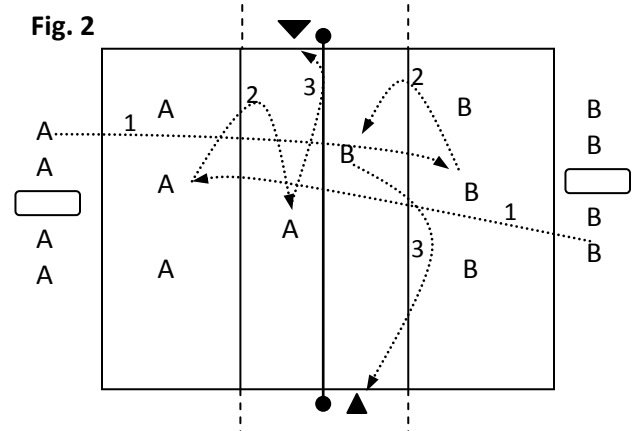
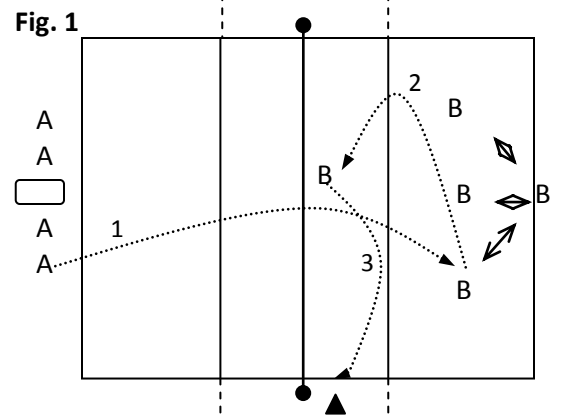
Camp adaptation: see fig. 2

12+ players

3 teams with loser coming off; winners stay in game but switch skills (e/g. win as servers then become passers, vice versa)

16 + players:

4 teams: play 2 games at once; e.g., A vs B
After each game rotate new passer in



35. "18" – Small Group see fig. 3

format: Teams of 3: played ½ ct. lengthwise passing team (A) – each player receives one serve from each player on team B; team A rotates & repeat; this will be a total of 9 serves; after each player has passed the teams trade & each player on team B will receive one serve from each player on team A;

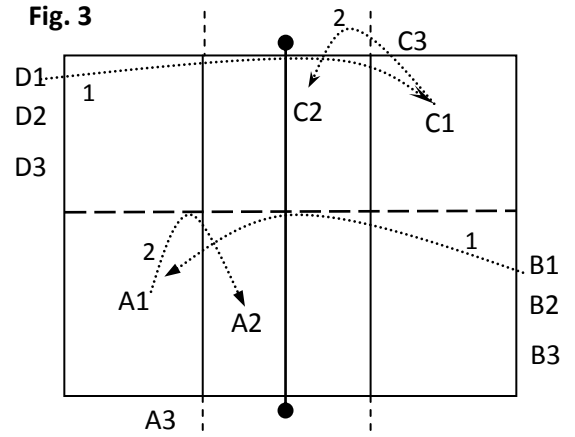
total serves is 18 - most points win;


tie – flip coin(rock paper scissors etc.) winner gets choice of skill; each team picks one player and play one ball for winner

*with multiple courts can play winners move up a court – losers move down a court

Camp adaptation: more than 12 per court – put in teams of 4 instead of 3 or 3 teams per court & play round robin

Fig. 3



 36. 3:2 in a row (national team uses 4:2)

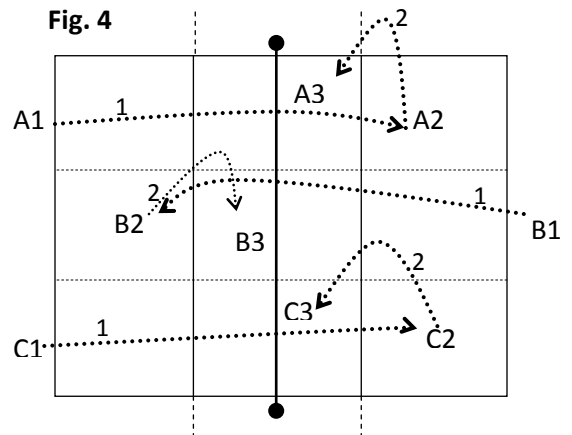
Court divided into 1/3's; (use cones/tape to mark off the courts) 9 players per court

to score a big point the server must score 2 pts. in a row; the passer 3 points

winner stays in game but changes skills; loser is out and becomes the new target; previous target does same skill as previous winner

keep track of big points: play to predetermine score, e.g., 5 pts, or for time, e.g., 5 min., most pts. win see fig. 4

Fig. 4



Variations of 3:2 for camps

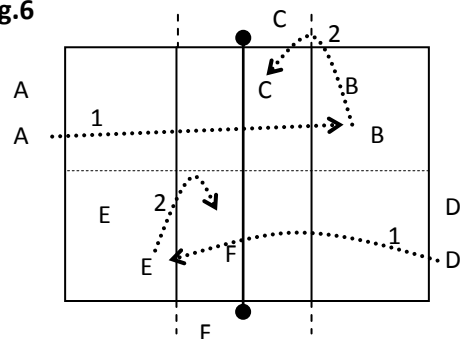
Partners: 12 players per court

same format as above but with partners played on ½ court; servers alternate

teams: A, B,C compete on ½ ct as does D,E,F;

winner stays and switches skills, losers become targets see fig. 6

Fig.6



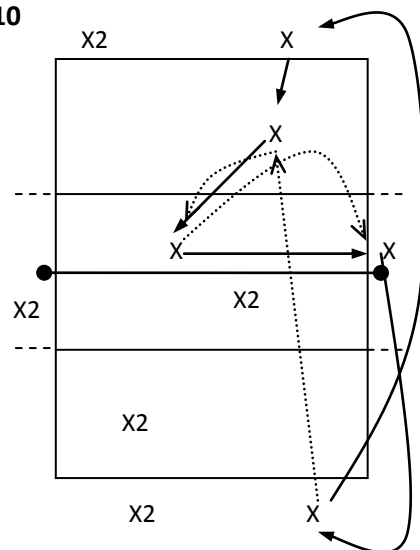
39. ½ butterfly – setter stays

Organization: 2 groups per full court; each group uses ½ ct. lengthwise

Rotate: passer to setter to target to server to end of passing line; new passer moves on to court

Other half of the court (X2) does the same thing independently. **Fig. 10**

Fig. 10



Attacking drills

*40. **Self Toss to Attack**

Emphasis: warm up arm

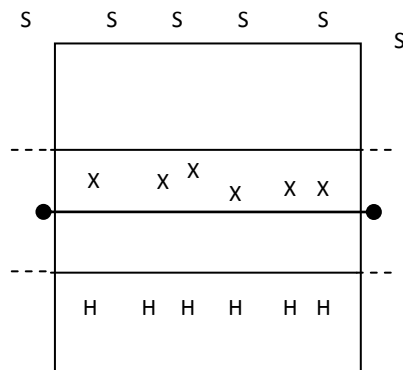
coaches evaluate for backwards footwork; arm swing etc.

format: 3 groups; hitters, shaggers, ball handlers; shaggers give ball to a specific ball handler (not just throw it back) who will hand to a hitter

rotate by groups by time: eg., 1 – 2 min.

2 total rounds:

Rd. 1 - hit from off net (attack line) and 2nd round closer to net



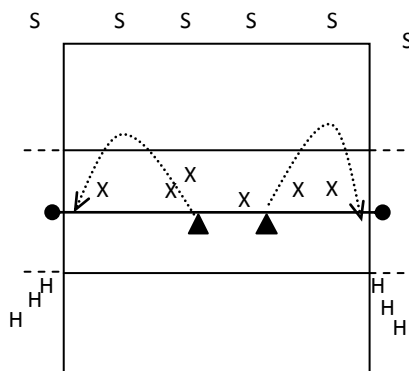
41. **Pin Hitting**

Emphasis: hitters use four step approach

Format: groups of three; hitters (H), shaggers (S), ball handlers (X) – ball handlers should also keep balls from rolling under the net

Coaches toss: “I toss – you go”

Rotate: groups by time e.g., 2 min. or # of reps. e.g. 6-8 balls per player in group; 6 total rounds: hit, shag, hand, repeat; 2nd time to hit, hitters hit opposite side of court from where they hit the 1st round



***42. 2-Ball Attack (x2)**

Purpose: work on in system and out of system transition attack; rapid paced hitting

Format: Each attacker hits two balls; setter alternates setting front and back and 2 other coaches(players) alternate tossing a high set to an attacker

Coach 1 tosses 1st ball to setter who sets left front; at the same time coach 2 tosses 2nd ball to right side hitter:

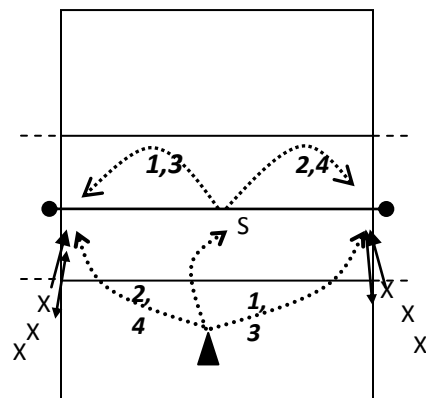
Coach 3 then tosses the 3rd ball to the left side hitter who has attacked the set and transitioned off the net;

at the same time Coach 1 tosses the 4th ball to the setter who sets right side (who has transitioned off the net while coach 3 is tossing to the left side)

Hitters rotate to end of line after hitting both balls

Note: rhythm of the drill works best with three tossers but can be done with two:

Variation: add a second setter at the attack line to set the transition balls to the attackers; coaches toss to the setter at the net and the setter at the attack line at the same time; requires consistent setting rhythm

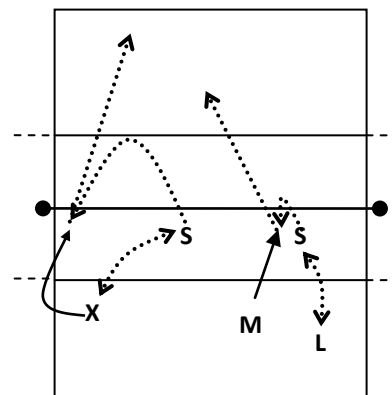


43. Attack Warm-up

Hitter tosses to setter who passes/chips back to the attacker who passes/digs the ball back to the setter who then sets;

With middles, the libero will pass to the setter

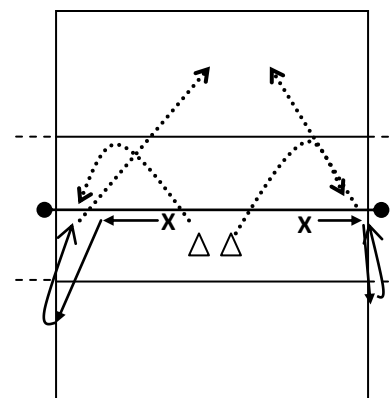
Hitters can shag own ball or have groups of hitters and shaggers and rotate groups



***44. Block – Transition – Attack Footwork**

Emphasis: using correct footwork for all 3 phases: block, transition, & attack

Variation: once players have correct footwork patterns then attack a set ball instead of a toss; coach tosses to the setter as the player lands from the block or a ball could be chipped over the block to a passer

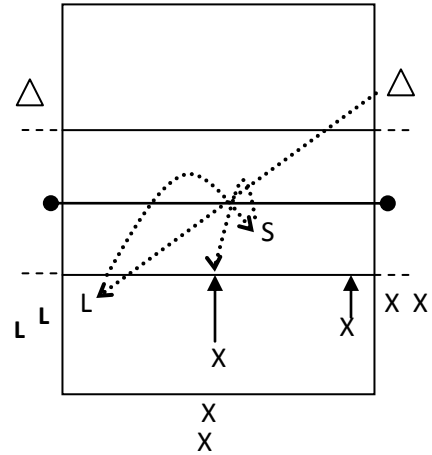


***45. Back row attacking off dig:**

Purpose: work on back row attacking in transition

Format: Coach chips ball over the net to any of the three back row players: coaches alternate
 Setter may set the middle (pipe or bic) or right back (5)
 Libs dig left back
 Hitters stay until they hit then rotate out; libs stay until they dig then rotate out

Variation: add diggers on the other side of the net



***46. Combo attacking – individual**

Purpose: work on attack transition by combining 2 types of attacks

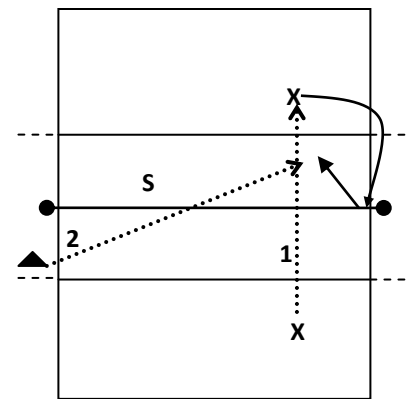
Format: each hitter hits 2 balls

Eg. attack out of serve receive (#1) then dig (#2) and transition attack (player movement and serve and chipped ball are shown in diagram – the pass & dig and both sets are not shown)

Eg. dig and transition attack then block and transition attack or vice versa

e.g., for MB

- A. block rt side attack → transition attack (gap or push);
 block lf side attack → transition attack (slide or back 1):
 i.e., set away from blocking position
- B. block lf side attack → transition attack (gap); block rt
 side attack → transition attack (slide): i.e., set back
 toward blocking position



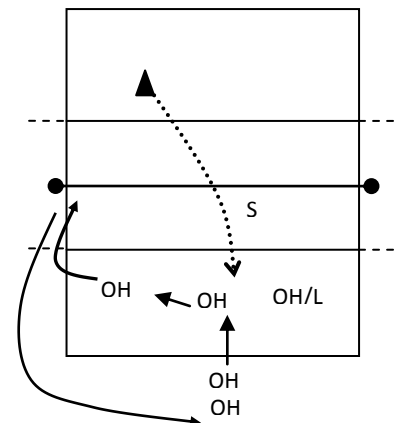
NOTE: above drill with blockers can be done by having a coach toss instead of using setters if the camp setters have trouble setting quick sets

 ***47. Breakout attacking: outsides**

Format: 3 person serve receive pattern: outside fill in middle and left side/rt. side passer and be a libero or extra outside
 Coach chips a ball in and setter sets a **GO** or **HUT** the hitters rotate through; alternate a group of attackers and shaggers

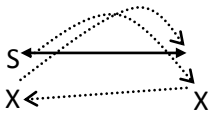
Variation: follow similar format for opposites with the attackers in the middle and right side passing positions

Hitting Bic/pipe: OH reverse the direction of rotation and the OH in the middle passing position will hit the **BIC** or **PIPE**



***48. Pepper variations:** * 🇺🇸 USA pepper drills

- A. *regular 🇺🇸
- B. *with overhead dig 🇺🇸
- C. *over-over/ under-under (use overhead set with overhead dig/use forearm set with forearm dig) 🇺🇸
- D. *6 contact: 🇺🇸
 - 1. Dig to self
 - 2. Overhead
 - 3. One hand overhead
 - 4. Other hand overhead
 - 5. Tomahawk
 - 6. Hit back to partner
- E. 2 contact: each player contacts the ball twice
 - 1. Pass to self – set back to partner (both players use this format)
 - 2. Set to self – forearm pass back to partner (both players use this format)
 - 3. One player Dig-set/ other pass-hit; reverse roles
- F. 3 person: setter sets and moves to “cover” the hitter; digger digs back to setter (i.e. same person continues to set and cover) ; rotate setter every min. or so



Team Ball Control and Other 6 on 6 drill

- *49. **10 – 10 -10:** good ball control drill as it involves all skills; can be Coopetition between courts; takes approximately 8-9 up to 13-15 minutes to complete depending upon skill level

Also a good drill to work on learning backcourt base positioning and responsibilities

Ball→ Player →

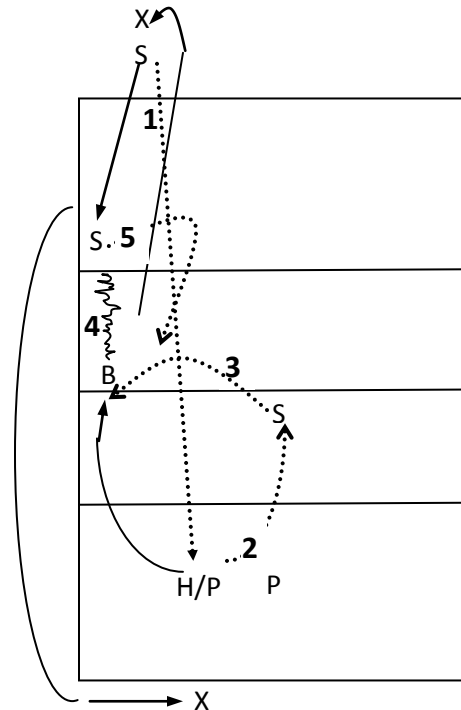
10 (tip) -10 (x-court) -10 (line): setup: server, blocker, passer from middle of court, left side hitter/passer, setter:

example

1st 10 - TIP fig. 1

- *server serves (#1) and goes to play right back;
- *ball is passed (#2) by either the passer or the hitter;
- *set outside to hitter (#3) who approaches and tips (~~~~) over the block down the line (#4);
- *the server (now @ left back), digs the ball (#5);
- *blocker turns and must be able to set the dig to herself to count as a point;

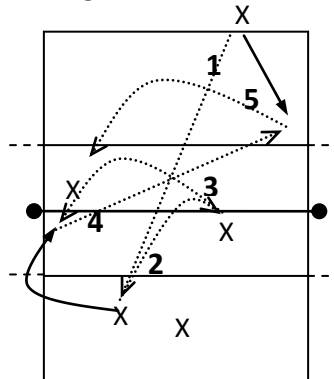
rotation of players follows order of contacts:
 passer → setter → hitter/passer → blocker (ball will end up in blockers hands who takes ball to end serving line) server plays defense then rotates to end of passing line.



2nd 10 – cross court attack

format/rotation stays the same except server serves then plays left back for cross court attack see fig. 2

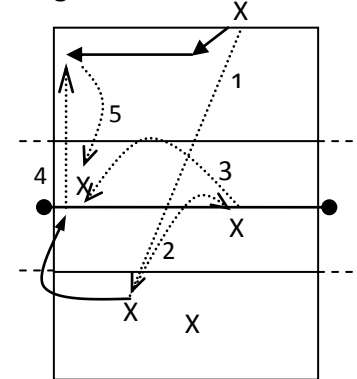
Fig. 2



3rd 10 – line attack

format/rotation stays the same except server goes to middle back and then rotates to the corner to dig a line attack (simulating a rotation defense) see fig. 3

Fig.3



6 on 6 drills

The following are team drills that have worked well in past camps and are presented only as suggestions or possibilities: these are good drills to do within the camp teams (sessions #9 and #10 are good sessions to incorporate these drills into the practice plan).

50. **“I know who you set last summer”** sequence: good for teaching defensive positioning
I know who you set last summer (IKWYLS): 6 on 6 drill; coach initiates by tossing ball in – this is the first contact; the ball then must be set to the left front; play continues to natural conclusion/ designate if only 1st ball must go to left side or if all sets must go to left side. May also be initiated by one team giving the other a free ball with the set going outside.
I know who you set last summer – part II: same as above but set goes to right side
I STILL know who you set last summer: same as above but set goes to any back row attacker
The best of I know who you set last summer: a multiple ball drill where each new ball must be set to a designated spot or must run a designated play in various combinations. E.g, 1st ball of the rally must be set to left; 2nd to rt. Side; 3rd to a middle running a slide etc. etc.
51. **“The Great Wall”** using a 7th player as an extra right side blocker: a ball is tossed off the net, the ball goes to outside hitter who will be hitting against a 3 person block. The 7th player steps off the court after the initial attack and play goes to its natural conclusion (or you may designate all sets must go to outside and the extra player can block each time). This is also a good opportunity to work on covering a hitter.
52. **“Joust”**: a ball is tossed above the net; blockers on opposite sides “joust” - then play out from there: work on reorganizing for attack or setting up defense quickly
53. **“Virus”** similar to joust in that the objective is to work on broken plays/scramble situations except that the coach creates the situation. A coach tosses ball over the block to another coach on the other side who is the “virus” – the virus will “infect” the play by sending the ball anywhere e.g., giving an overpass; ball on top of net; good pass; shank, free ball etc. Teams must quickly react to the situation and get organized to attack or respond defensively. The virus can go anywhere on the court to create broken plays from different areas of the court.
54. **“Tequila Sunrise”** (Shirley Temple in a camp!) normal play except no ball may be hit harder than $\frac{3}{4}$ speed. Idea is to score by hitting a “shot”, tool the block etc. Should also force defense to work on pursuit of off-speed balls.
Note: in this drill you have to make sure the players stay focused and play at game speed. Sometimes the tendency is, since they aren’t hitting the ball hard, they start making slow approaches etc. and bring down the intensity of the play to match the speed of the attacks.
55. **“Ping Pong”**: One side serves 5 consecutive serves then the other side serves 5 consecutive serves then both sides rotate
Purpose: gives teams an opportunity to learn rotations and work on side-out offense
Scoring: every ball scores; total of 60 serves

56. **“Football”** –(proven to be a popular camp game) rapid paced continuous free balls; whichever team wins a rally receives the next free ball; to score a “touchdown” one side must get a plus 6 on the other side (not just score a total of 6 points but get a point differential of 6); rotate after a touchdown or at the end of the quarter (quarters are usually 3-4 minutes). Optional whether to carry scores over from a quarter or start the next quarter at 0 (not carrying over the score presents the opportunity for more field goal attempts which seems to add excitement)

Fumble: a team at +5 points makes an attack error during the rally - it is a fumble and the score goes back 0!

extra point: play one rally – if the team that scored the touchdown wins the rally on their first attack (all the defending team has to do is get the ball back over the net) they get the extra point; may make it a “2 point conversion” if they score on a backrow attack:

Field goal: A team with at least +3 may call a time out and kick a field goal; must score on a back row attack on the first attempt (defending team only has to get the ball back over); if the “field goal attempt” is blocked to win the rally, the defending team has recovered the blocked kick and runs it back for a touchdown – i.e., 6 points!

On-side kick: whether intentional or not: a serve that hits the net and stays in play. Who ever wins the rally recovers the kick and goes to +3.

57. **“Baseball”**: serve, if the receiving team wins the rally they get continuous free balls until the defense gets a stop (i.e., an out). Serving team must get 3 outs then serve goes to the other side. A missed serve counts as a run.

Scoring: the receiving team can only score on the free balls (i.e., the receiving team must win the served ball before getting the opportunity to score “runs”); every free ball rally won wins a point

58. **BONGO** scoring: basically a game in which a team/side must successfully complete an “X# in a row task(s)”. The coach determines what the task is, and the number of in a row required, based upon skill level and emphasis of the game. Does not have to be six on six.

Example: 5 on 5;

coach chips a ball to left front. If that team wins the rally then the next ball is chipped to left back; middle back and then right back. (In other words the team must win 4 rallies).

If at any time team B gets a stop then the next ball is chipped to team B’s left front.

Example: 6 on 6;

Side A must win a serve receive rally, down ball rally and free ball rally or various combinations of situations/skills (back row attack, slide etc) depending on skill level.

Scoring: may be done by total number of BONGO points won or, in teams, winning a BONGO point allows team to rotate and the first team to rotate through all 6 rotations wins the game.

Variation of scoring is that upon completion of the “in a row tasks” that team must then win a serve receive point to win a BONGO point

59. **Team 3:2** (a 6 on 6 variation of drill # 36): Same team serves the entire game: serve receive team must win 3 serve receive points in a row while the serving team must win 2 serve points in a row to win a big point.

Scoring: first to reach a certain number of “big points” or

Rotate after winning a big point-1st team to get through 6 rotations wins