

Volleyball Coach Manual

Warm Up and Cool Down

Warm up:

- 2 laps running around the gym or 3 laps running around the court
- Forward lunges
 - Full length of court
- Side lunges
 - Full length of court
- Arm swings clockwise walking forward
- Arm swings counterclockwise walking forward
- High skips (less distance more height)
 - Use arms to project up
- Long skips (more distance less height)
 - Use arms to propel out
- Side shuffle facing wall
 - Baseline to baseline (face same way)
- Ball throws with partner (right and left arms)
 - Throw down to ground (one bounce to partner)
 - Throw to partner
 - Both arm throw down (one bounce to partner)
 - Both arm throw to partner

Cool down:

- Calf
 - Place toes on wall and leave heel on the ground (middle of foot should be lifted)
 - Lean forward to wall
- Quad
 - Stand balanced (alone or use object to help)
 - Bend leg back and pull foot up to stretch the quad

- Shoulder
 - Sitting or standing
 - Fold right arm across chest
 - Use left hand to pull toward the body
 - Repeat on other side
- Lower back
 - Sitting on the ground
 - Curl into a ball with legs bent at the chest and arms wrapped around legs
 - Pull legs into body
 - Do not rock back and forth
- Hamstring
 - Sitting on the ground with both feet outstretched in front
 - Lean forward to touch toes
- Inner thigh
 - Sitting on the ground (butterfly pose)
 - Bend legs and have bottoms of both feet touching one another
 - Gently push knees/legs down toward the ground
 - Lean forward to get a better stretch
- Outer thigh
 - Sitting on the ground with both feet outstretched in front
 - Fold right leg over left (keep left leg straight)
 - Use left arm to pull right leg toward the body
 - Repeat on other side
- Glutes
 - Sitting on the ground with legs bent and feet flat on the ground
 - Fold right leg over the left and pull toward body
 - Repeat on other side
- Triceps
 - Sitting or standing
 - Bend right arm over and back (as if reaching for the back of the neck)
 - Use left arm to grab elbow and pull back
 - Repeat on the other side

- Biceps
 - Sitting or standing
 - Bring arm back and hold on to the wall or any stationary object
 - Keep arm straight
 - Pull back toward opposite side of body
 - Repeat on other side

Week 1 - Serving

Server starts on the baseline and serves into zones (first 1, then 2, then 3, etc.)

Overhand or underhand is permitted

Practice controlling direction of ball - point thumb towards direction you want the ball to go to (overhand)

Practice hitting ball in the middle with a wide hand shaping the ball

Two teams (game) Split the court in half

Serve onto own team's half of the court - first to 20 wins

Do not count serves that go out of bounds or on other half

*Increase difficulty:

Subtract points when serve is out of bounds or lands on other half

Four teams (game) split the court in half (1 setter, 2 passers/hitters, 1 server)

One team serves to opposite side/ half and plays out the ball

Mini games on half court

*Increase difficulty:

Teams all against one another and winner chooses consequence

Week 2 - Passing

Split the court in half

Downball to passer on other side, passer should be halfway between the 10ft line and the baseline.

Passer uses forearms to direct ball to the setter on same side of net

*Increase difficulty:

Setter must be able to over head set to the outside hitter position

Passer runs up to pass a short toss of the ball

Runs back to play defense in (5) position

Runs to other side of net and shuffles across the length of the net and gets back in line

Passes should be sent back to the same tosser and shuffles should be quick and not touching the net

Everyone has a partner, tossing person stands at the net

Partner tosses an arch (like a rainbow) to the passer

Passer sends it back with an arch (like a rainbow)

*Increase difficulty:

- Set a number goal
- Set a number goal and only count passes that are directly to you

One group of serves on endline, one setter at target, one group of passers opposite of server

3 passers on court and 1 target

Server serves ball over and passers use platform to pass to target

Target should only move 1 step away for pass to count

After passer passes, then goes to be next target

Target keeps ball and goes to serve side

Set a goal to reach

* Increase difficulty:

- Have 2 sides going at once
- Target does not move for pass to count

Two lines behind the baseline

Two players start on the court laying on their stomachs (facing net and toes on the baseline)

Target slaps ball (signals for players laying down to jump up)

Tosser sends an arch toss (rainbow) to one of the players

Passer must pass a perfect pass back

*Increase difficulty:

First passer passes straight up and second passer must send to target

Week 3 - Setting

Everyone has a ball and split up evenly in court

Need room to move

Each player sets ball to themselves using proper hand positioning

*Increase difficulty:

- Have a competition for who can last the longest
- Set a goal number (high sets and low sets included)
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Groups of 3 players

Each group has one ball

Set to one another, creating the triangle shape

*Increase difficulty:

- Counter clockwise then clockwise
- Competition between other groups

2 groups on either side of the net

Stagger each side (see above)

Start at one end and set down the line of players and then set back

Focus on hand positioning and directing the ball

*Increase difficulty:

- Competition (who can last longest or who is faster)
- Include back setting

Everyone partners up

Each group has one ball

Partner A stands on right sideline, partner B stands on opposite sideline

Partner A tosses ball to partner B, partner B sets to self then turns to back set to partner

*Increase difficulty:

- Continuous setting back and forth

Week 4 - Hitting

Setter at target, passer/ defender, outside hitter

Start with a toss from hitter to target

Target sets outside, hitter focus on hitting line shot

Focus on using thumb direction to guide ball

Defender passes ball up

*Increase difficulty:

- Play on both sides
- Butterfly drill

Everyone has a partner

Stand opposite your partner and with one ball

Partner A tosses ball to Partner B

Partner B passes back to Partner A

Partner A sets to Partner B

Partner B hits to Partner A

Continue cycle

*Increase difficulty:

- Compete against other groups

2 players on each side of net (see above)

Start with a toss to person opposite of you

Player passes to self, sets to self, and hits across to diagonal player

Receive hit, pass/set to self, hit line

follow the arrows

Focus on directing ball

Focus on ball control

*Increase difficulty:

- Constant flow
- Timed drill

Week 5 - Blocking

2 groups

One side defends, other side attacks

Start with a serve to the attack side

Pass, set, hit either front row or back row

Defense has 2 blockers on outside and 1 block middle and 1 block right side

Set a goal for amount of blocks

Switch after reach goal

*Increase difficulty:

- Block number vs. attack number

Use only half of the court

Groups of 3

One group vs. other group

Defense vs. offense

Coach tosses ball into play for passer

Passer sends to target

Target sets to hitter

Hitter hits (wherever they choose)

Other group has 2 blockers at net and one passer for defense

Blockers block hitter

If ball should go through block, defense reads and passes ball

Week 6 - Games

Scrimmage:

- 6 against 6
- Full out game

Monarch of the court:

- 2 vs 2
- 3 vs 3
- Play against other groups
- Winner stays on "winner side"
- Loser leaves court and next group comes on