



Coach's Clinic 2024

Youth Volleyball Drills

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- Warm-up Drills
- Serve Receive Drills
- Attacking Drills
- Small Group Drills
- Team Drills

Warm-up Drills



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Serve Receive Drills



Butterfly Passing

Serve Receive Bounce Drill- fun drill to teach players how to get their hips around the ball to pass in serve receive

Attacking Drills

*** I use the term attacking open to interpretation, these drills are ideal for hitting but can also be used for passing and setting ***

Survivor- attacking drill for athletes to work on putting the ball where defenders are not.

Small Group Drills



Four Square- 3 man ball control drill

Shuttle Passing- continuous ball control.

Team Drills



Wagon Wheel Passing- great passing drill for beginners, also great for conditioning.

Newcomb- this is a game similar to volleyball but is played as a catch and toss.

Individual Ball Control



Low pass Catch- toss the ball above your head, let it bounce then catch it as low to the ground as possible with extended arms.

Volleyball Burpee- same as low pass catch, but after catching the ball, players will tap the ball on their right side, middle, and left side before popping up to standing.

Right arm only touches- keep arms straight and focus on ball to platform

Left arm only touches

Alternating arms

Pass to yourself- extension is passing on knees to self

Toss to Setter hands- toss ball up and catch on setter hands. Work on left-right footwork

Fizzles: toss-3 low mini sets- catch the ball

4 sets: 3 fizzles to a high set

Partner Passing



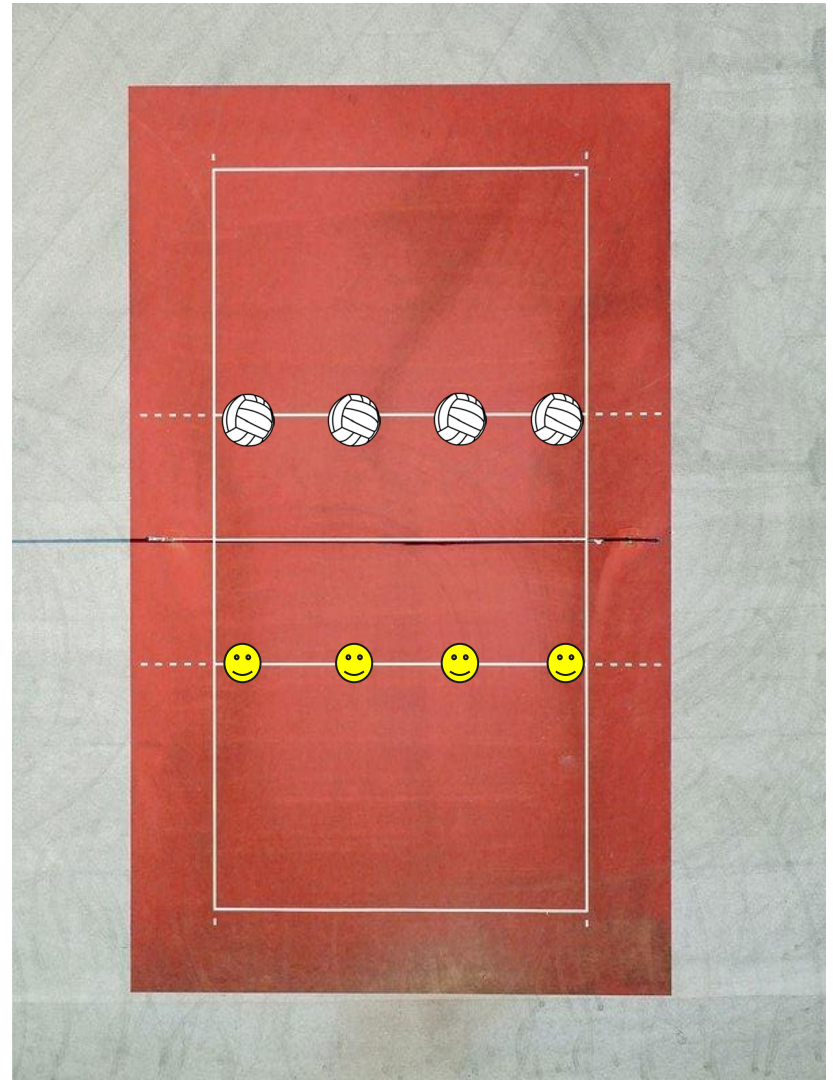
Can be done as a catch and toss drill like we did during evaluations or it could be continuous. For younger ages you can adapt and adjust to only include what you feel comfortable, definitely discuss the concept of table top vs tilt so players understand how to move their pass. (table top makes the ball go up, tilt makes a ball go forward, passing is a balance of both).

- Low passes
- High passes
- Pass to self pass to partner (table top to tilt)

Progressive Serving

Serving warm-up

Players need a ball and a partner. Starting at 10 ft line they will serve across the net to their partner, if they miss their serve then they will just roll the ball under the net to their partner. After a player can serve 3 times successfully they will take a step back and continue serving from the new spot.



Hand Contact Drills

Drills to use at any time

Purpose: Even when players are waiting to come on the court for a drill or have down time, they should always be practicing their hand contact. This simple progression, which can be done alone or with a partner, teaches the proper hand contact for an attack.

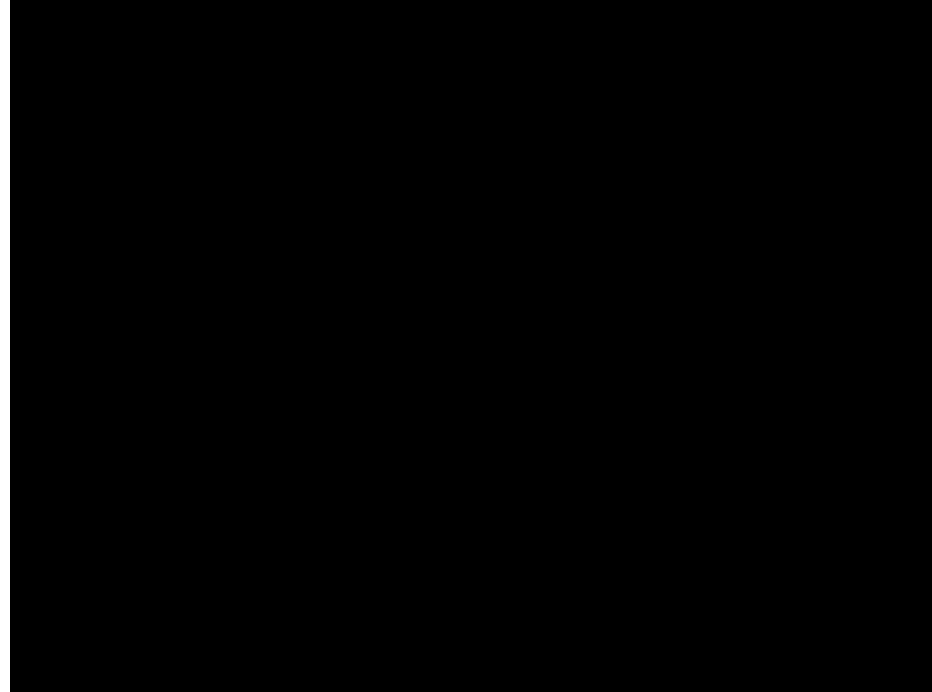
How it Works: Players stand in a stationary position and self-toss with their dominant hand. Hear the “splat!” when the ball contacts the hand when it lands (it should also be caught with the dominant hand). Players then partner up and have one ball between them.

The first Drill is “Hand Contact A”: Partner A tosses a high ball to Partner B, who keeps her hand high and contacts the ball with a “splat” hand (outstretched and shaping the ball).

The second drill is “Hand Contact B”: Next, Partner A will toss the ball to Partner B, who has her elbow bent at a 90 degree angle. Once again, the contact with the hand should make a “splat” noise.

Lastly, Player B keeps the dominant arm at a 90 degree angle but as she prepares to hit the ball, point the left hand forward to gain momentum and torque. Partner B hits the ball, maintaining the “splat” noise.

Requirements: At least 1 or 2 players, one ball and half a court.



Walking setting drills



Use this to practice overhead passing/ setting with movement. Players are walking to the net and/or back to the baseline for each progression. Adjust as needed for your age group.

- Walking setter hands- players hold the ball in their triangle above their head, practice their left right footwork then pretend to set the ball (the ball does not leave their hands)
- Walking toss and catch in setter hands- players toss, step left right and catch above their head.
- Walking fizzles
- Walking 4 set: 3 fizzles then 1 high set continuously working through the pattern.

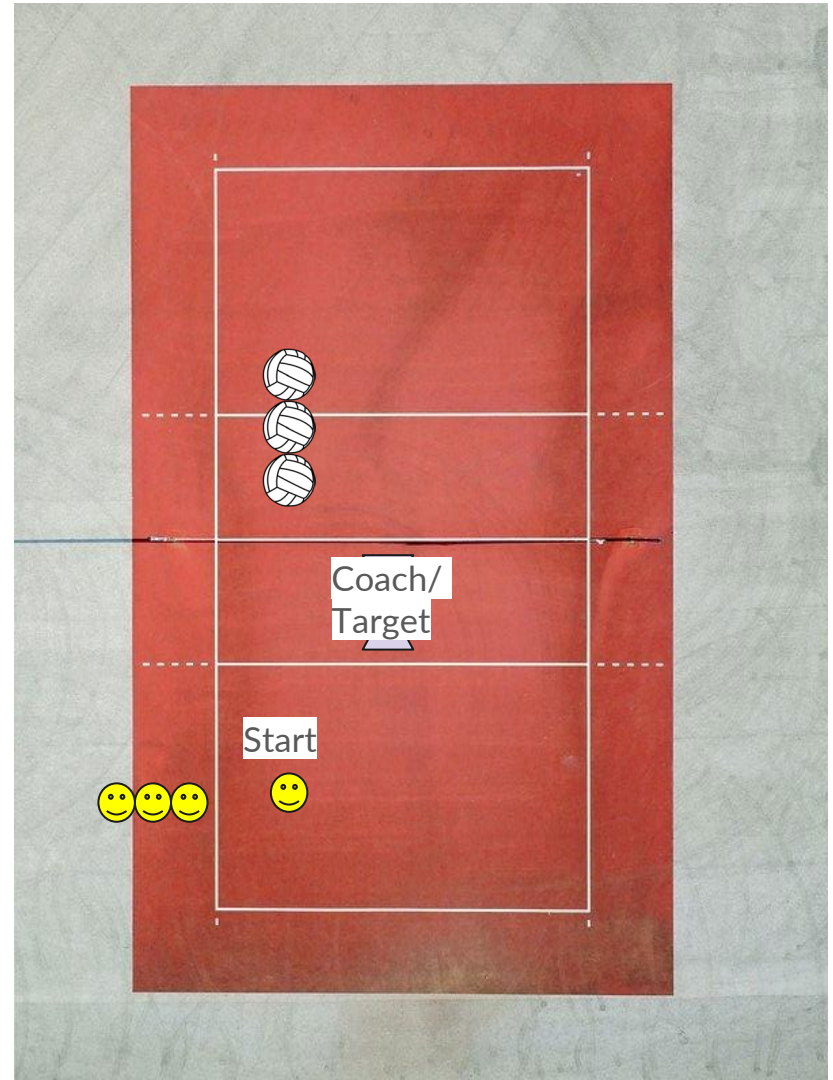
Butterfly

ball control drill.

Drill will start with 2 lines on opposite sides of the net. One line will have volleyballs, the other side is set up in left back. There is one player or a coach standing at target.

Players throw the ball over the net to the receiving player who focuses on passing the ball to the target. Players will follow their ball.

Thrower to passing line, passer to target, target to throwing line.



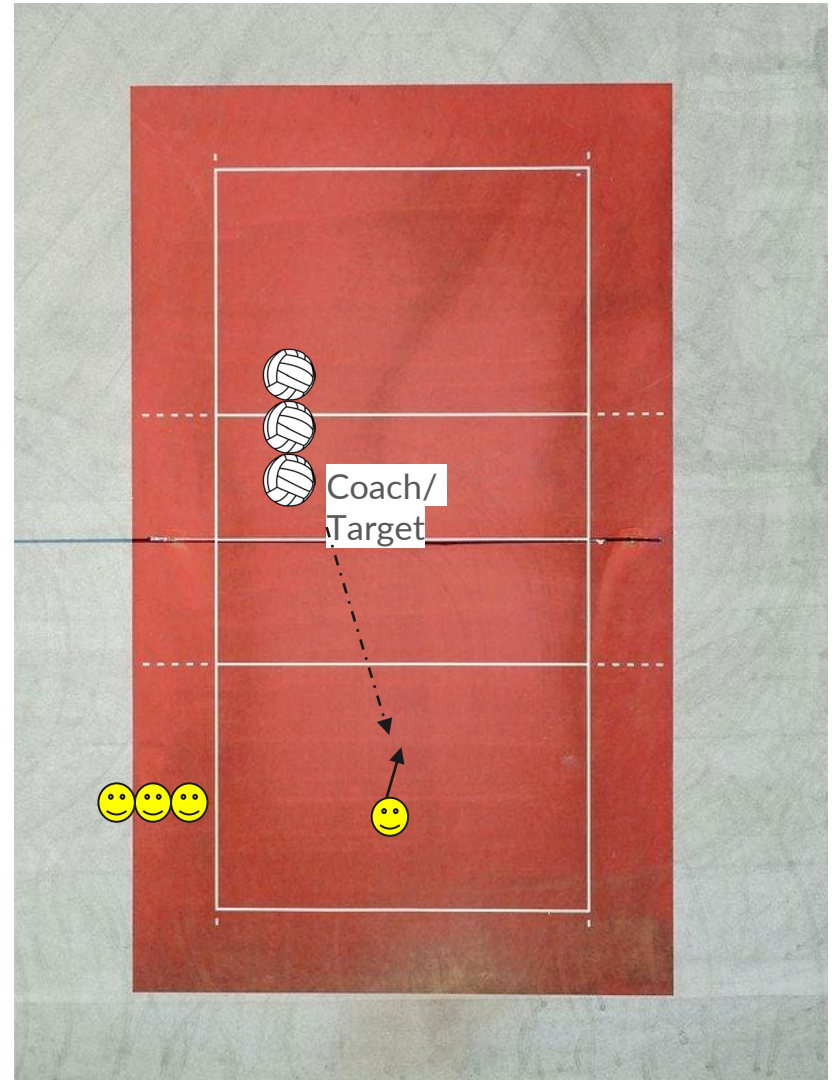
Serve Receive Bounce Drill

Serve receive drill.

Can be done on coach or player throws.

Receiving player starts in back row, coach will toss a ball over and players must move their feet to the ball so that it bounce between their legs.

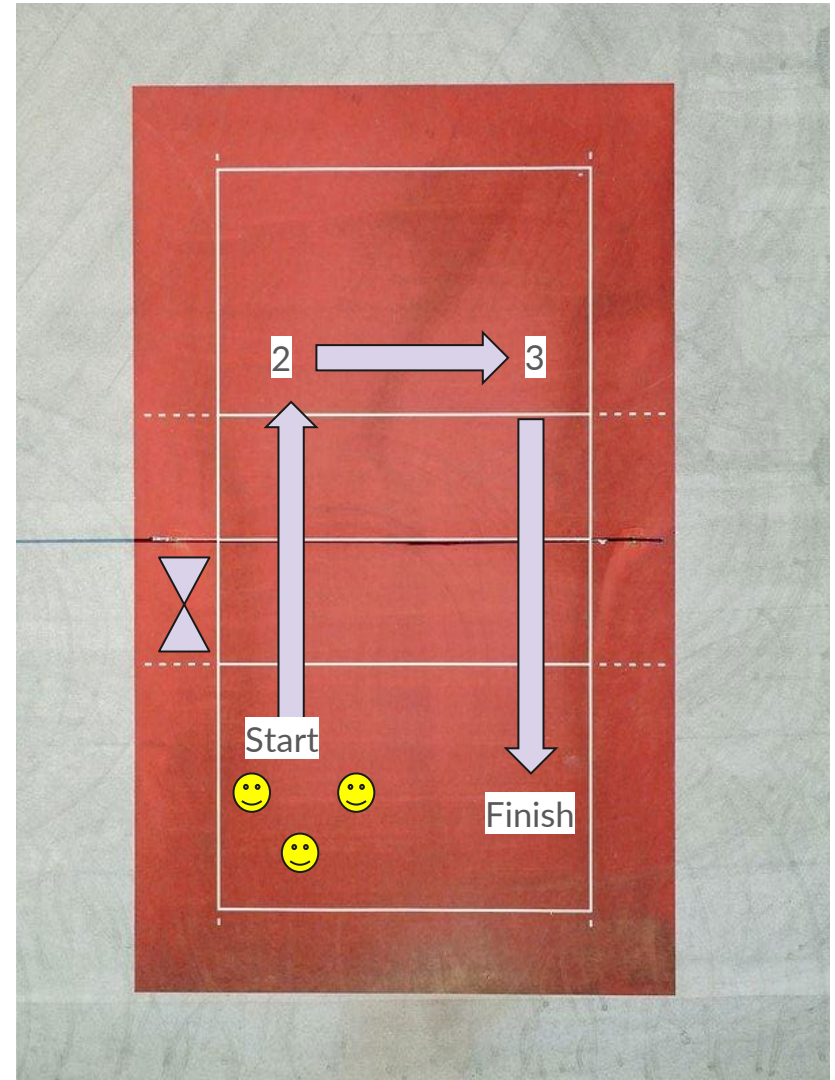
Purpose: Focus on moving feet to the ball and getting hips around the pass.



Four Square

3 man ball control drill.

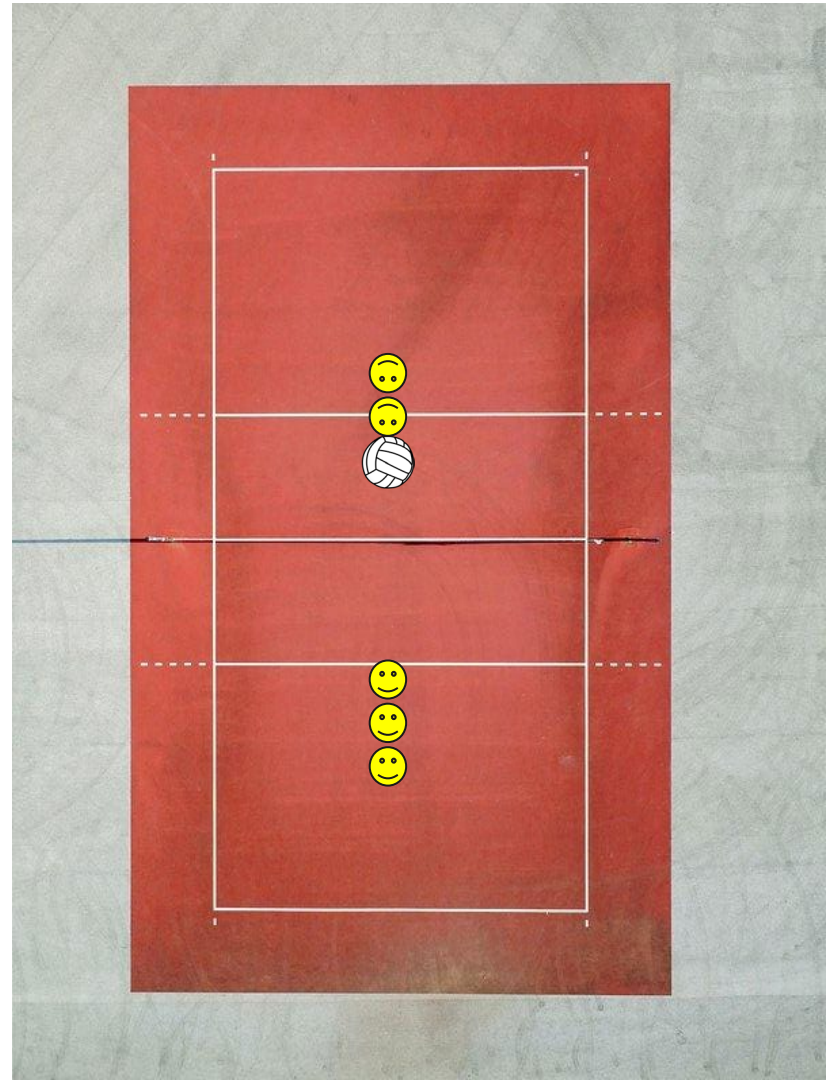
Drill will start with 3 girls on one half of the court on one side. Coach will toss a ball to one player to start, after making contact that player will run to the other side of the net. The other two will continue to play out the ball, running to the other side after contact. 3rd touch will send the ball to the other side where the other two players are waiting. This drill progresses to hit all four sections of the court. If a group drops the ball they go to the end of the line.



Shuttle Passing

Small Group continuous passing

Players follow their pass and run under the net to the end of the line on the other side. Can be done with normal passing or following the patterns of partner passing.



Wagon Wheel Passing

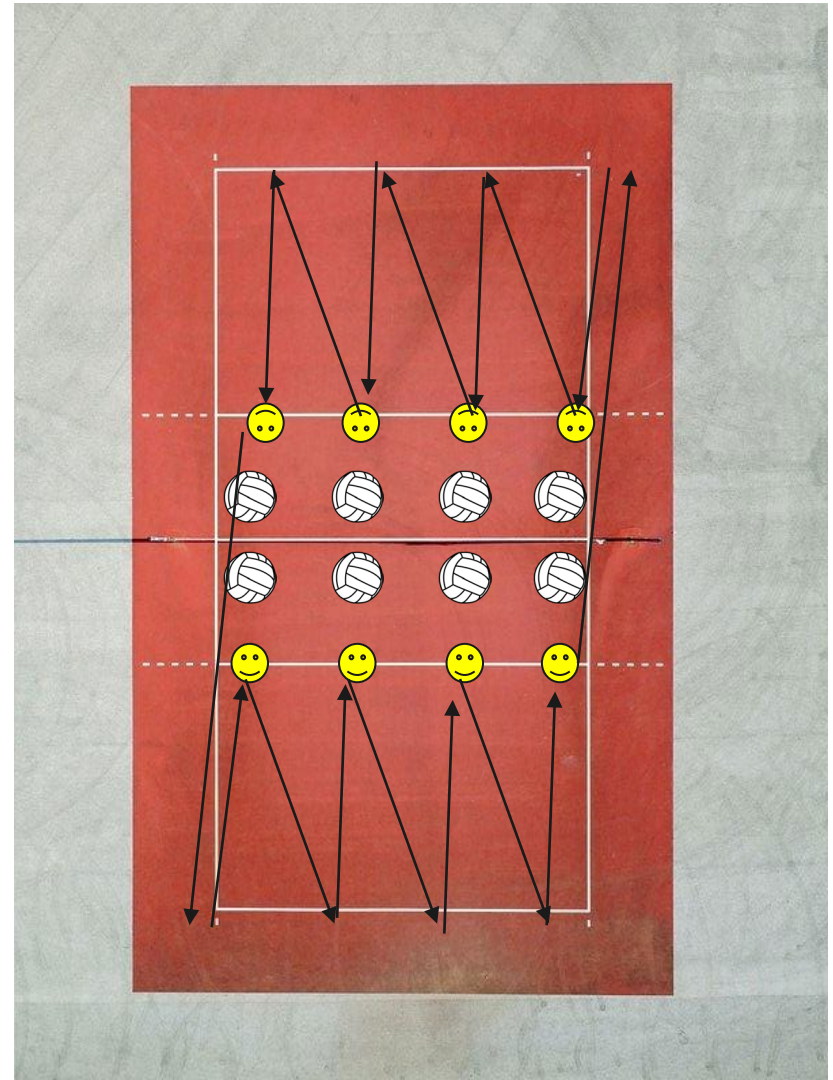
Team Drill

Drill will start with half the team as tossers at the net with a ball with a player starting at the ten foot line across from them.

2 versions.

Deep to short: Athletes pass and run to touch the baseline before returning to the tosser to their right.

Short to deep: athletes touch the tossers' knee pad before transitioning to 10 ft line to pass the ball



Newcomb

Team Drill/Small Group Drill

It's very similar to volleyball, except players catch and toss the ball, instead of hitting it over the net.

The object is to toss the ball over the net so that the opposite team cannot catch it.

All tosses must travel up, before they go down. No "spikes."

Play starts with a player on the back line throwing the ball over the net (a serve).

The receiving team must catch the ball, make 2 passes to teammates, and then

toss the ball back over the net. (As students become more skilled, make passing to a teammate optional, and ball movement more strategic.)

Can be played with 2-6 players on each side of the net.

