

Wall Sits

- **Wall Sits -**

Find a wall

With back against wall -- slowly move down to sitting position

Upper legs parallel to floor
Sit and hold for **60 seconds**

- Sing a song -- "ABC's" or "If You're Happy and You Know It"

Stand Up -- Do not sit down on floor

Rest **10 seconds**

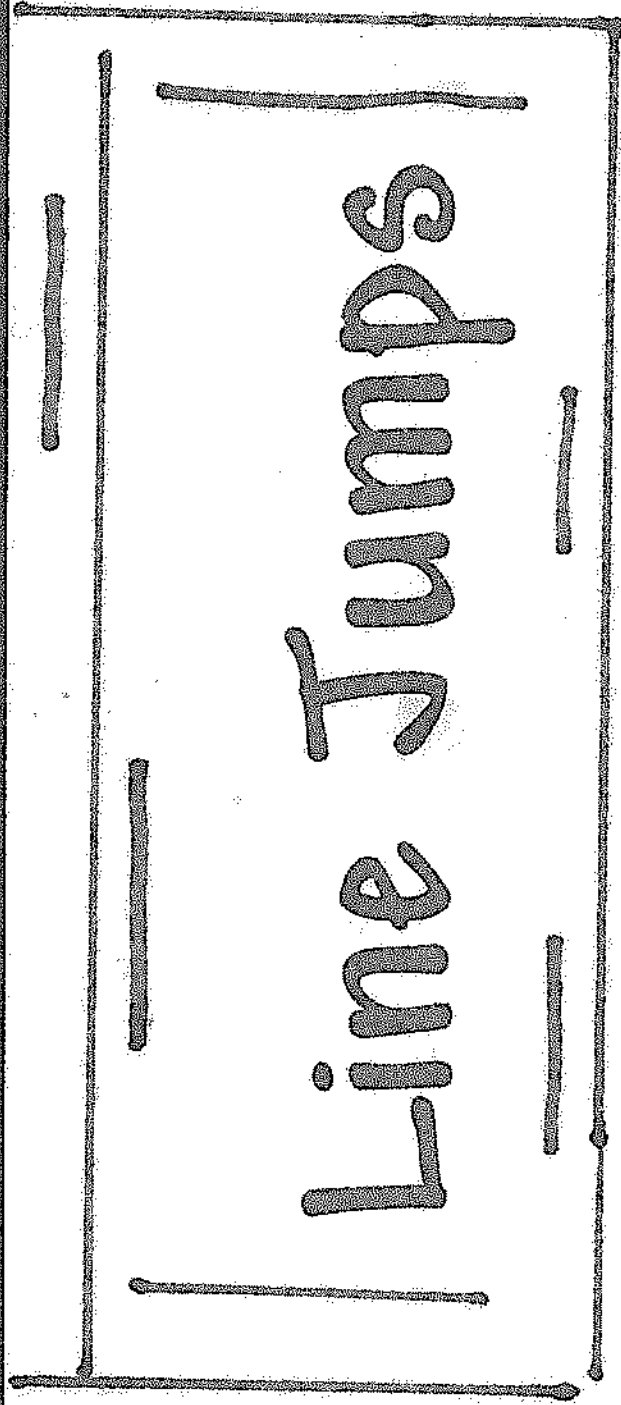
Sit and hold for **60 seconds**

High Skips

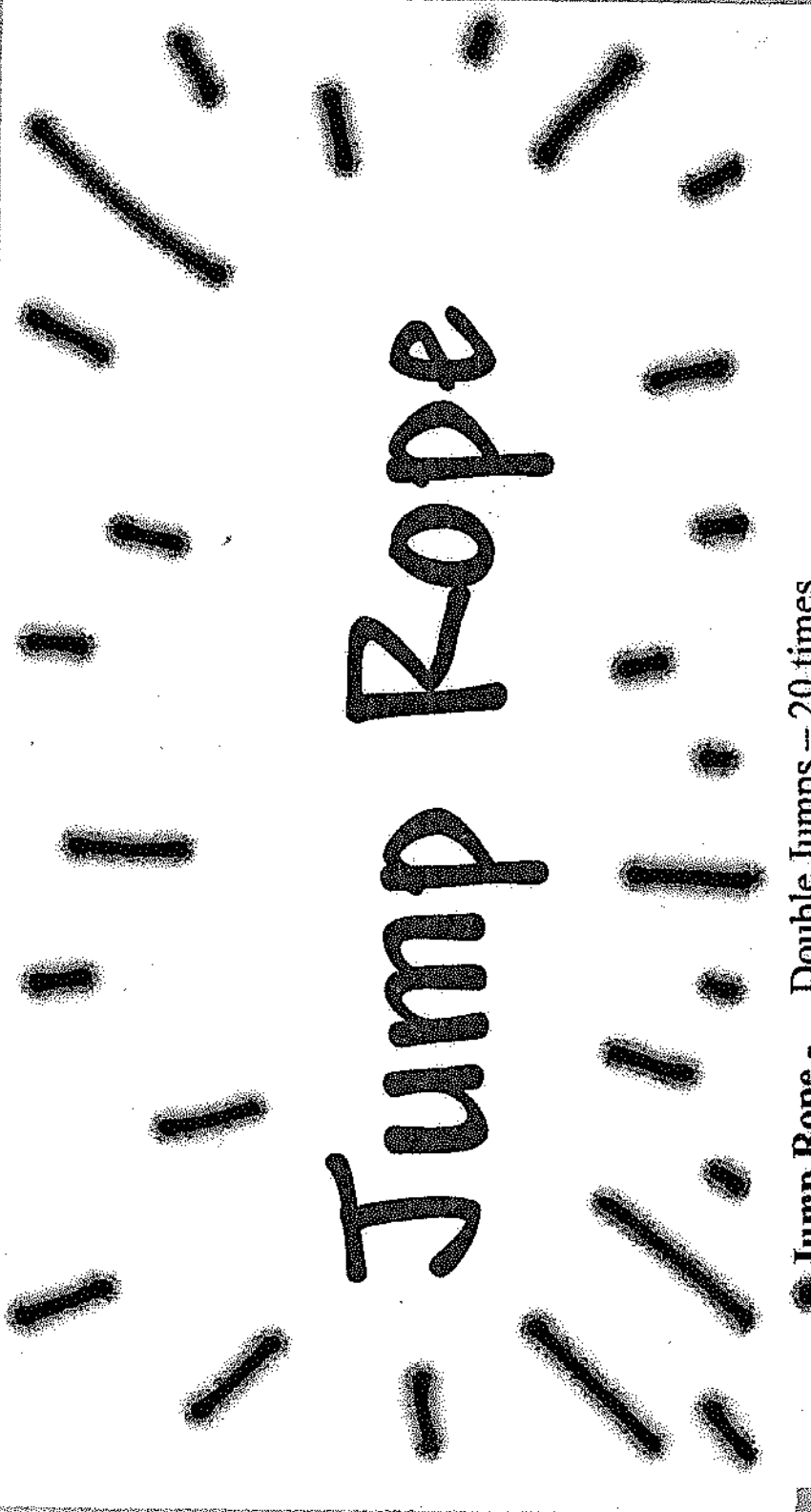
- High Skips - Opposite Hand - Opposite Foot
Skip as high as you can - moving around for
20 skips

Sit - Ups

● Sit Ups - Crunch 20 times - Slow and steady to strengthen your core



- **Line Jumps -- Find a line**
Jump back & forth over line as fast as you can for
10 seconds
- **Count 1 -- Heritage -- 2 -- Heritage, etc.**



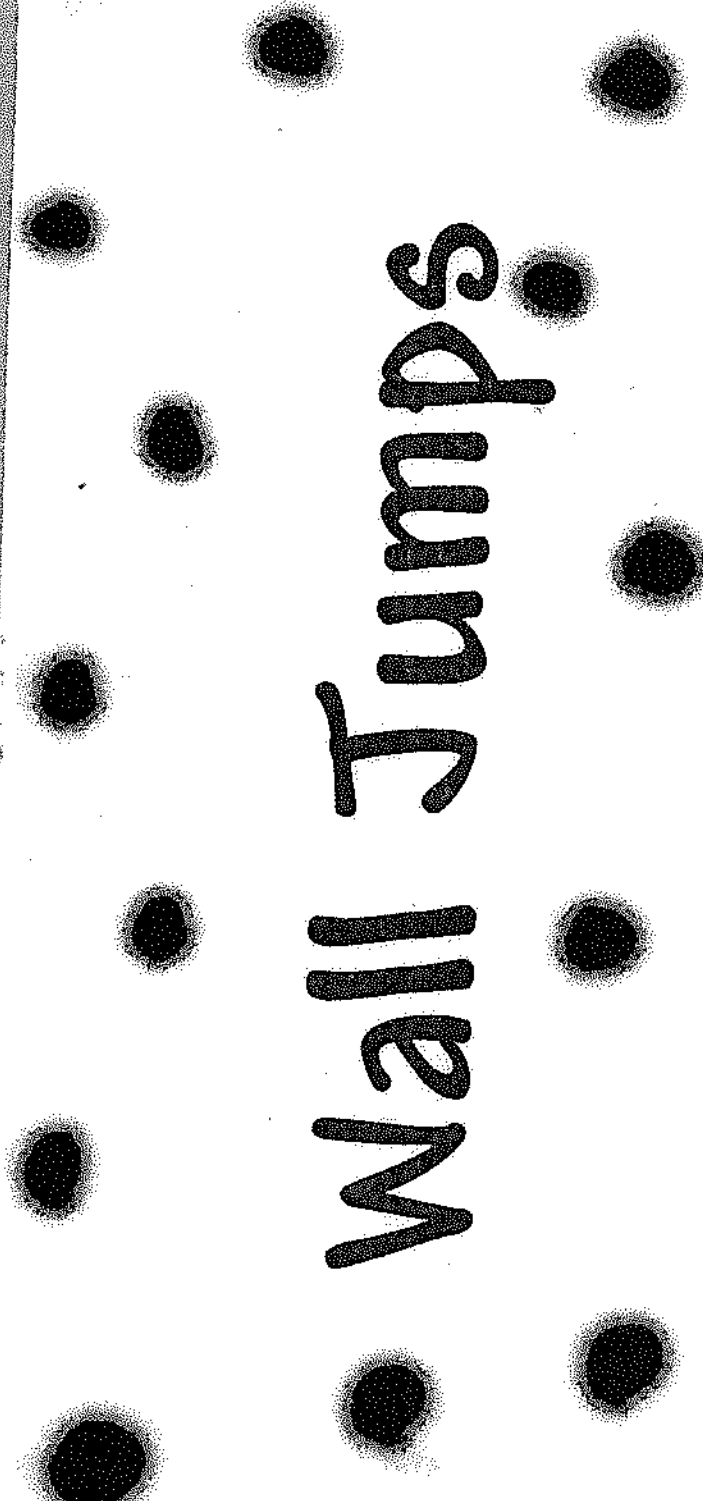
- Jump Rope - Double Jumps - 20 times
- Single Jumps - 20 times
- Jump as fast as you can for 10 seconds

Tuck Jumps

- Tuck Jumps - Use Jumping motion to bring both knees up to chest
15 times

Stair Run

- **Stair Run -** Up & Down – Spelling **HORNET**
- Up & Down is one letter



Wall Jumps

- Wall Jumps - Pick space on wall – Jump to touch spot **10 times**
- Do not stop until you have touched it **10 times**
Choose higher spot and Jump to touch spot
10 times

Shuffle

Square

- Shuffle Square -

Find a Square on the floor

Get on one corner

Shuffle around the square changing body position at each corner for 10 times

- Do not change direction

Games

newcomb

teams, throw ball over net, catch ball, (the way u catch it is the way u throw it) if dropped u lose

queens of the court

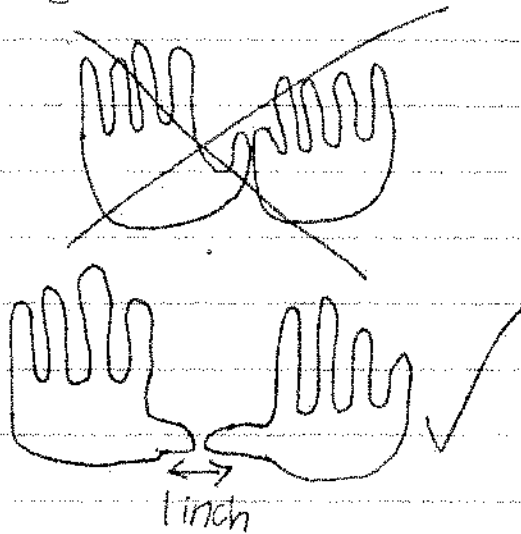
2 teams of 3, bump, set, spike volleyball

M's M game

chairs that have candy, if hit, go eat candy in chair

Blocking

on net, open up to court, cross step, jump, jump up to block, when jumping make the pike jump



Stretches / Games / Movement

- Standard Stretches
- Slow movement stretches to net
- Games
 - Flamingoes + Crabs
 - Find a color
 - Find an object
- Roll Ball
 - 1 standing 1 sitting
- FOOT BALL
- Circle the wagons

**H.C.R.A./HERITAGE MIDDLE SCHOOL
"Spike It To The Limit"
VOLLEYBALL CLINIC**

AGENDA

Thursday Evening 8:30-9:30	Assemble Gym Nets Balls Snacks/Water Table
7:30 – 8:45	Coaches (Todd/Bryn/Matt) Arrive Player Sign-In
8:00 – 8:15	Monarch Coaches Arrive
8:45 – 9:00	Parent Meeting Coaches Introduction Sponsors Learn One Thing per Skill
9:00 – 9:10	Stretching
9:10 – 9:20	Group Game Flamingoes & Crabs
9:20 – 9:30	Split Girls into Age Groups
9:30 – 10:00	Movement Training & Drills Butt Low Hands and Arms Out On Toes Back Straight Center Weight on Hips Corner Shuffle

Partner – 2 & 4 Step Back
Under Net – Partner
Under Net – 10 Ft – Partner
Pass & Follow Line
Figure 8 Pass
W Pass
Monkey in the Middle (2 Balls) – 3 Players
Throw Pass Catch – 3 Players
4 Corners
Pass to Self – Pass to Partner
Pass Short, Pass Long – 3 Player Drill
Cover the Court – 4 players
Passing out of Net Drill (High/Medium/low)

11:30 – 12:00

Lunch
Circle the Wagon

12:00 – 12:15

Game

12:15 – 1:00

Hitting
Technique - Footwork, Loading the Legs,
Transition off Net, Landing, Arm/Elbow
Location, Arm Speed, Wrist Snap, Hand
Position of Ball (loud pop, lots of spin,
straight line), Big C/Little C
Partner – Body Straight – Snap to Ground
Partner – Sideways – Snap to Ground
Partner – Sideways – Snap in Air
3 in a Row Under Net – Player Pitch
3 in a Row Over Net (No Approach) -
Player Pitch
2 Step No Net
Tennis Balls
Dig, Approach, Hit
Ring of Fire

1:40 – 2:00

**Blocking
Technique (Basic)
Basic Drills**

2:00 – 2:15

Water/Snack Break

2:15 – 2:45

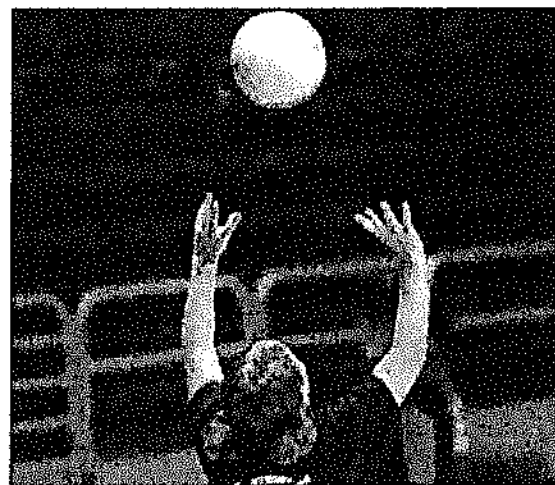
Queen of the Court

2:45 – 3:00

**Pass out Goody Bags
Answer Questions**



Girls' Volleyball Passing Drill Gets Players on the Move



E-mail

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"National Team Passing Drill" improves volleyball players

By Marty Gittin
Special to PlaySportsTV

To get girls' volleyball players to understand how vital movement is in the sport, highly successful coach Dave Franklin of Lima Central Catholic High School in northwest Ohio recommends that coaches incorporate constant motion into practice drills.

One example is the "National Team Passing Drill," which helps volleyball players learn how to shuffle, pass and move to the ball.

The volleyball drill set-up features a line of five players in the middle back of the court and one player in each back corner. Another player is at the net in front of all of them. The coach stands at the net in the middle of the court with a cart of balls.

The volleyball drill begins with the coach rolling the ball toward one player in the corner of the line of five. The player in that corner shuffles so that the volleyball rolls between her legs; the player in the back corner catches the ball and throws it to the person at the net, who places it back into the cart. Meanwhile, the coach has already rolled the ball to the opposite corner, where the same process is done.

Stress movement during volleyball drills

The volleyball drill continues until each player has been given the opportunity to shuffle, catch and receive the ball.

The coach then moves to the other side of the net and tosses the volleyball over it. The players must shuffle so the ball bounces between their legs, which is more difficult. This teaches them how to shuffle their feet to the ball, which is key to making a volleyball pass. The coach wants to make certain the players are moving forward enough to have the ball bounce rather than roll through their legs.

The last part of the drill is similar to the second part, only this time there are no catchers in the corner. The players shuffle to the toss, then catch the volleyball out in front of them and toss it to the net person, who places the ball back into the cart.

Every step of the volleyball drill should be repeated five times so that all players get experience shuffling, passing and catching.

Franklin stresses that the "National Team Passing Drill" allows girls' volleyball players to work on movement and passing while requiring them to bring energy to the court. He adds that it also brings a lot of laughter and enjoyment, two keys that are an important part of any youth sport.

Story courtesy of Red Line Editorial, Inc.

Butterfly Drill
Triangle Pass
Knee Pass

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Teaching & Training Passing

Underhand passing is the foundation for volleyball since it allows the young players (who may be too weak to spike or block) to easily control the ball. Every young player should at least master the 3 skills of: serving, overhand passing and underhand passing. They should practice these skills early and often since they remain the primary building blocks for all volleyball development. Without a doubt, the ability to pass consistently (& accurately) determines the success of your serve receive offense. Consistently passing on or near the net allows the setter and the attackers to perform at a very high level. Of the 3 contacts following the serve, (pass-set-hit) the success of the underhand pass is the most crucial for a High School or Junior High team. Since the complete rules change to rally-scoring, the underhand pass (and not the serve) has become the way teams will score most of their points. Training this skill cannot be emphasized enough, especially at the Jr. High, High School and Club level. High quality individual and team training must be practiced on a daily basis if improvement is to be constant.

Socks

Teaching Terms/Cues for Passing

PLATFORM:

- Overlap or finger tip grip
- Rotate arms to create a flat platform
- Extend arms straight from shoulders
- Contact behind and slightly under the ball

→ Triangle within Triangle → Track w/ eyes
→ In Frame

→ elbows locked
→ Shoulders together
→ Pass outside toes
→ Small swing in Arms

POSTURE:

- Arms relaxed on serve contact
- Triangle within a triangle concept
- Wide stance with feet adjusted accordingly to position
- Shoulders slightly rounded
- Keep ball away from hips on contact w/no arm swing
- Fight to maintain balance during contact
- Learn to use shoulder drop and drop step when opening up to ball

CONCEPTS:

- Head stable, track ball with eyes only
- Learn to pass with shuffle movements
- Fight to get feet around ball
- Hips always same level to avoid jumping
- Understand cushioning concept
- Keep moving until last second on float serve
- Jump serve becomes a defensive technique

Underhand Passing Drills

- Review technique regarding hands, platform & feet
- Review body & platform position in relationship to server

Individual/Technique Drills:

Wall training → *uncannably close + then back*
Platform walks
Passing from knee
Hand-eye training (with small ball)

Partner Passing Drills:

Partner series: (normal, side, high side, back, short-deep, side-side) *very close + low Ball*
10 in a row under the net → *ADD movement to 1-2T line + 3-2T*
Wall training with partner
Short-deep with partner (or deep-short) → *SAME AS SETTING*
* Pass & roll (2 balls) → *mental exhausting*

Group Passing Drills:

4 corners (passing, setting, or pepper) → *Fry → outside not using entire court*
Pass to pin (or "10-to-end")
Monkey in middle (groups of 3, 2 balls per group) → *fight to stay behind Ball (Pitch low)*
Tip coverage & rotate (groups of 3) → *on net*
Pass and follow (also called "shuttle passing") → *we do this already - 2 lines → good for lots of reps*
3's Throw-Pass-Catch (add movement)
3's Serve-Pass-Catch

Coach Controlled Drills:

3's short-deep → *3 short, touch line, Pass → Quick*
Inside-out (outside-in) → *row in → shuttle over*
3's off the ground → *Good for Middle School*
Run-thru lines
Dig-Dig → *excellent Drill*
Dig-Run thru
Dig then pass to coach (2 hits)
Dig to Set
Coach on 4 (3 defenders & setter) → *Good warm up Drill*
20-20-20 → *Fry's favorite as similar to Pass-to*
+1/-5 scoring drill (PP=+1, shanked ball = -5)

Ball Control Training

The term "ball control" seems to have an all encompassing meaning. Translated, it simply means working to control the ball in any and all situations. It not only applies to underhand and overhand skills, but also to defensive and attacking skills. It is generally understood that the team that controls the ball most often will usually be the winner. Therefore, it is important to implement and develop various ball control circuits for players to go through that allow for the highest number of quality receptions in many different technical situations. Each circuit should take 20-45 minutes and players should go through them in a non-stop manner. These circuits usually include overhand, underhand, defensive, defensive movement, floor skills and attacking training. In a short period of time, each player is given literally hundreds of quality contacts.

NOTE WELL - This type of ball control circuit takes the emphasis *away from coach* controlled drills and forces the *players to train themselves*. By doing this, coaches are now free to coach and the players are receiving maximum benefit.

WHY

- To give athletes a high number of quality reps in the shortest period of time.
- To practice and master situations that will occur during competition.
- To develop a foundation that every team and individual must have before success is attainable.

"Teams that have poor ball control skills are always a threat to beat themselves"

HOW

- Develop 2-3 circuits (series of drills) during the season that will challenge the athletes and at the same time put them in situations that demand execution.
- As players progress from one circuit to the next, make sure difficulty factor is increased so that continual improvement is demanded.
- Make sure the tempo is game speed or faster so your athletes become comfortable in a fast-paced environment.
- Make all drills repetition oriented versus time.

WHEN

- Use 20-45 minutes during the early phase of practice as a warm up to more intense training.
- During pre-game warm up or as practice alternative when players are tired or injured.

Mentality

Teaching & Training Individual Defense

While offense captures the crowd's immediate attention; defense wins matches and eventually wins championships. A good coach must instill the attitude that: no ball will hit the floor at any time, that no ball is impossible to retrieve, and that every ball will be played with maximum effort every time. No value judgment on whether or not the ball is playable is ever made during play. Individual defense, more than any other skill, demands a toughness and intensity that is hard to find in most athletes. An athlete must be highly conditioned, very aggressive and play with NO FEAR to become a great defensive player. This attitude is known as "relentless pursuit" and is characterized by the belief that "every ball comes to me." Movement ability is very important for defense, as well as the ability to read & react to what the opponent's attackers are doing. Another area that is sorely lacking in most players is the ability to play the ball accurately to the setter with a roll or some other type of floor movement.

When training defense, you will need to constantly ask your players to make great dig after great dig, so they will come to expect that level of execution at all times during competition.

CONCEPTS:

- Understanding base position and posture at base position
- Movement between contacts (drop & drive)
- Body coiled, legs loaded with wide base & leaning forward
- Have ability to pursue ball w/center of gravity forward at all times
- Understanding body posture when playing the ball
- Understand responsibilities and court positioning
- Quality contacts are EVERYTHING on defense, ALWAYS work on digging TO TARGET

POSTURE:

- Feet staggered slightly prior to contact (drop step for movement to ball)
- Elbows in close to body in neutral position
- Low position and weight on balls of feet
- Relax when ball is dug & understand cushioning

FOOTWORK:

- Stagger, load with wide base, move with shuffle, running or crossover step

When teaching defense, a coach can break it down into 5 basic positions:

1. Base Position
2. Read Position
3. Adjust Position
4. Reaction Position
5. Emergency Position