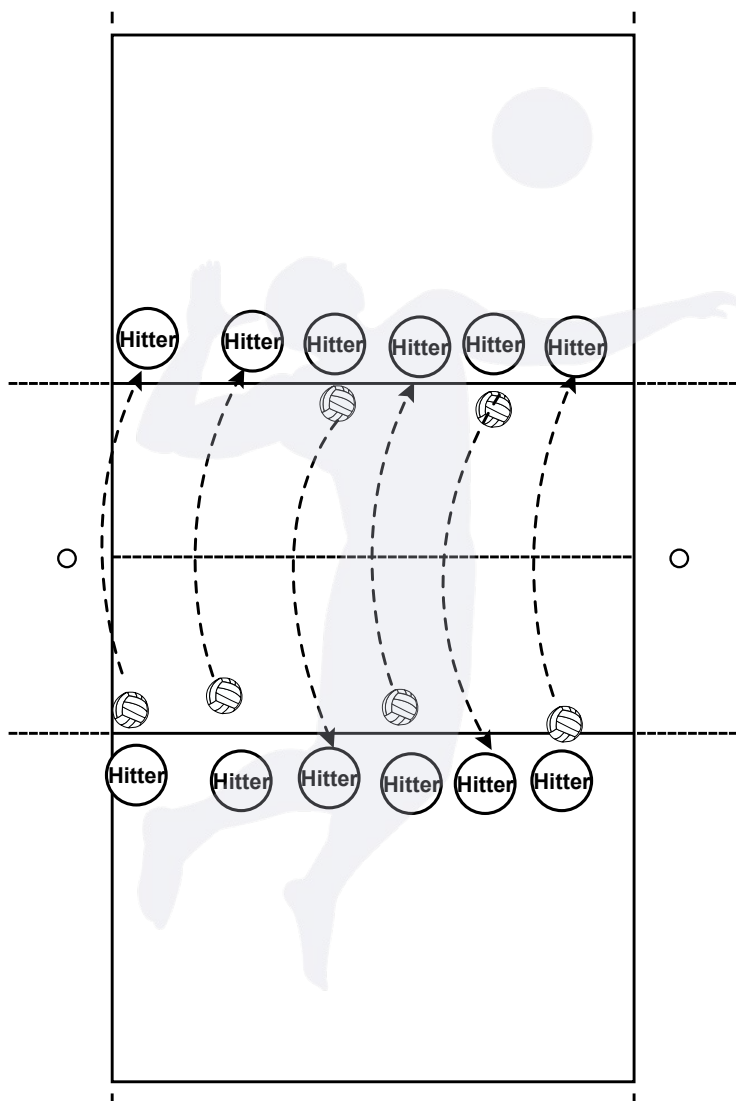


Volleyball1on1 Drills

Playable vs. Hittable Drill Progression Practice Modules



Part 1 - Drill 1: Controlled Hits - Focus is Hitting Technique

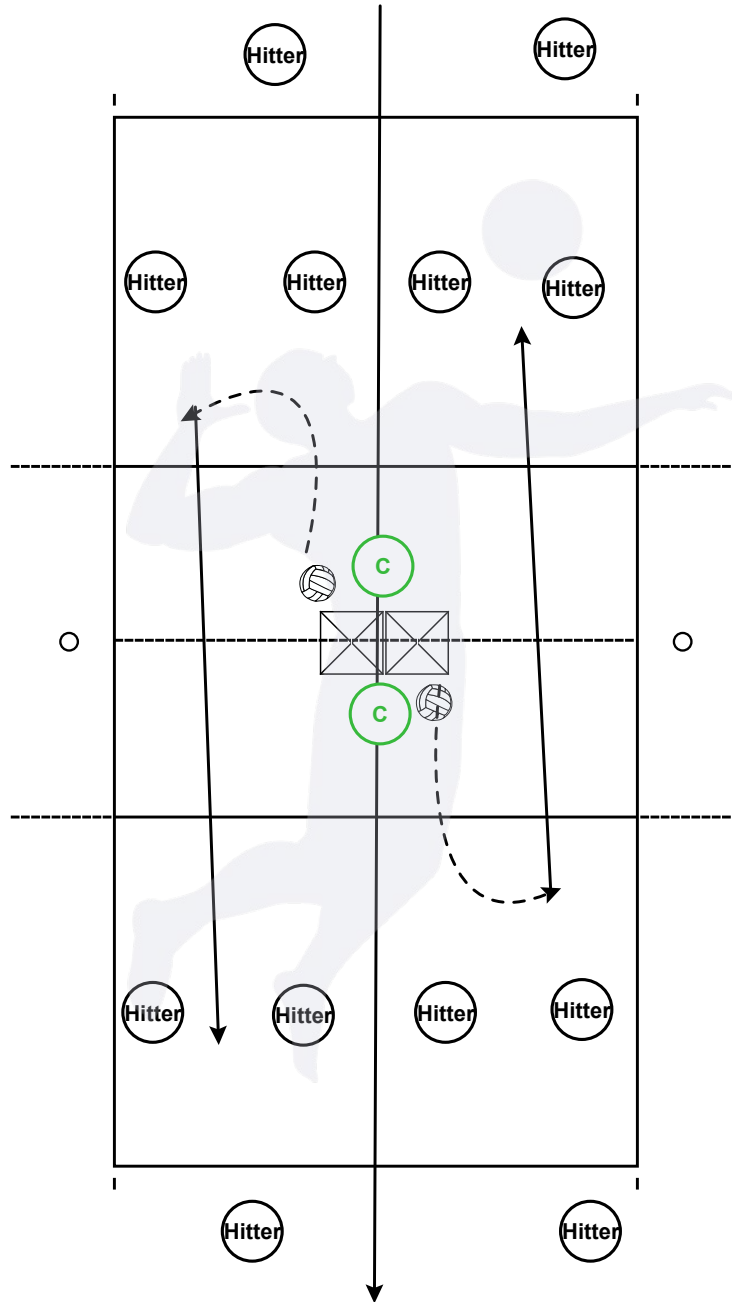
Players two handed toss and hit the ball over the net to each other. The goal is a controlled hit with a high contact and controlled wrist snap. Shoulders can be square to the target.

Goal of this drill sequence is to teach players to aggressively call and aggressively attack the ball overhand if possible. Hittable ball is a ball slightly above a player's shoulders whereas a playable ball is below a player's shoulders and they can only play it underhand.

Drills 1-3 work on decision making, being aggressive and hitting balls. Drill 4 works on tipping and shots.

Volleyball1on1 Drills

Playable vs. Hittable Drill Progression Practice Modules



Part 1 - Drill 2 - Hittable vs. Playable Balls and Calling

Goal is players calling for the ball. Player then deciding if the ball is hittable or playable. Hittable balls players play overhand and playable balls players play underhand. Players need to learn to be very aggressive with this drill early especially on hittable balls. As the players get more comfortable coaches should demand a higher level of consistency.

In running this drill coaches should face each other and toss to the side the other coach is not tossing. Then alternate and repeat. This drill is chaotic and forces players to concentrate or be hit in the face. The chaos leads to deeper learning in our opinion because of the variability. We want coaches and players to embrace the chaos and aim for lots and lots of aggressive reps.

Hitters come in out the back for the person who hit.

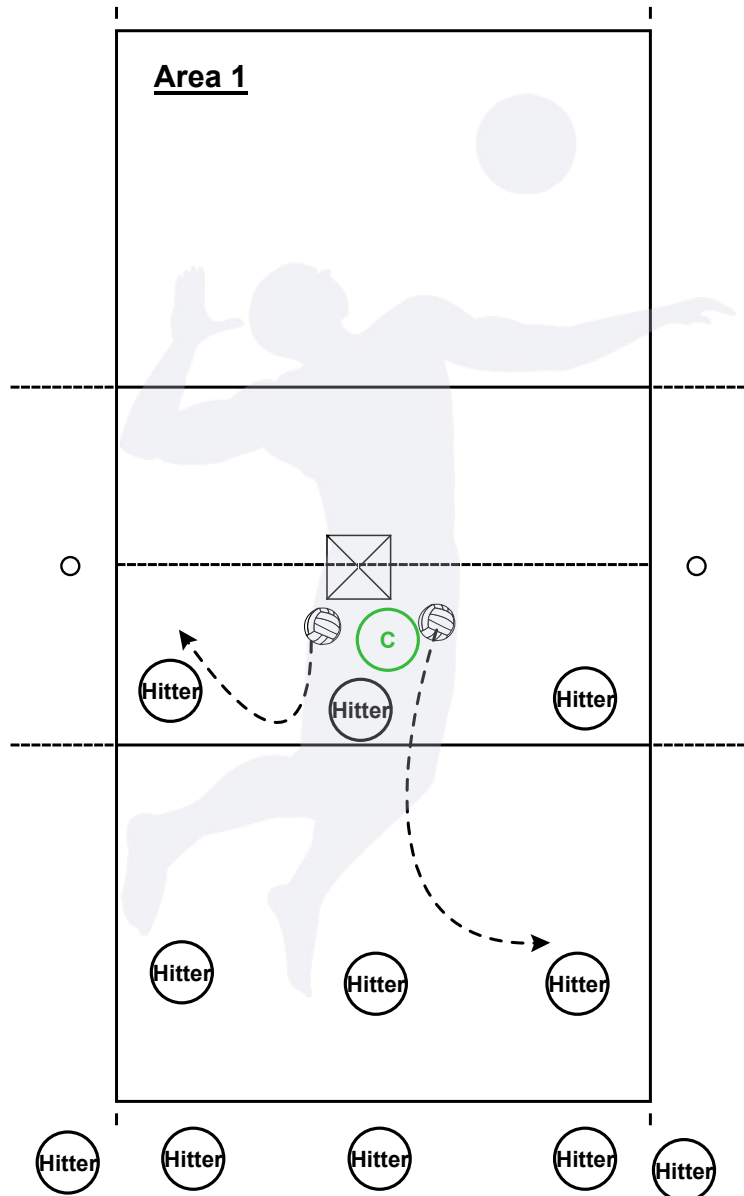
Volleyball1on1 Drills

Playable vs. Hittable Drill Progression Practice Modules

Take Out The Trash:

- 1) Know the Defense
- 2) Take Out Setter
- 3) Hit the Corners
- 4) Take Out Middle
- 5) Take Out Outside
- 6) Set Up Our Defense

(Area 1 is a good bet!)



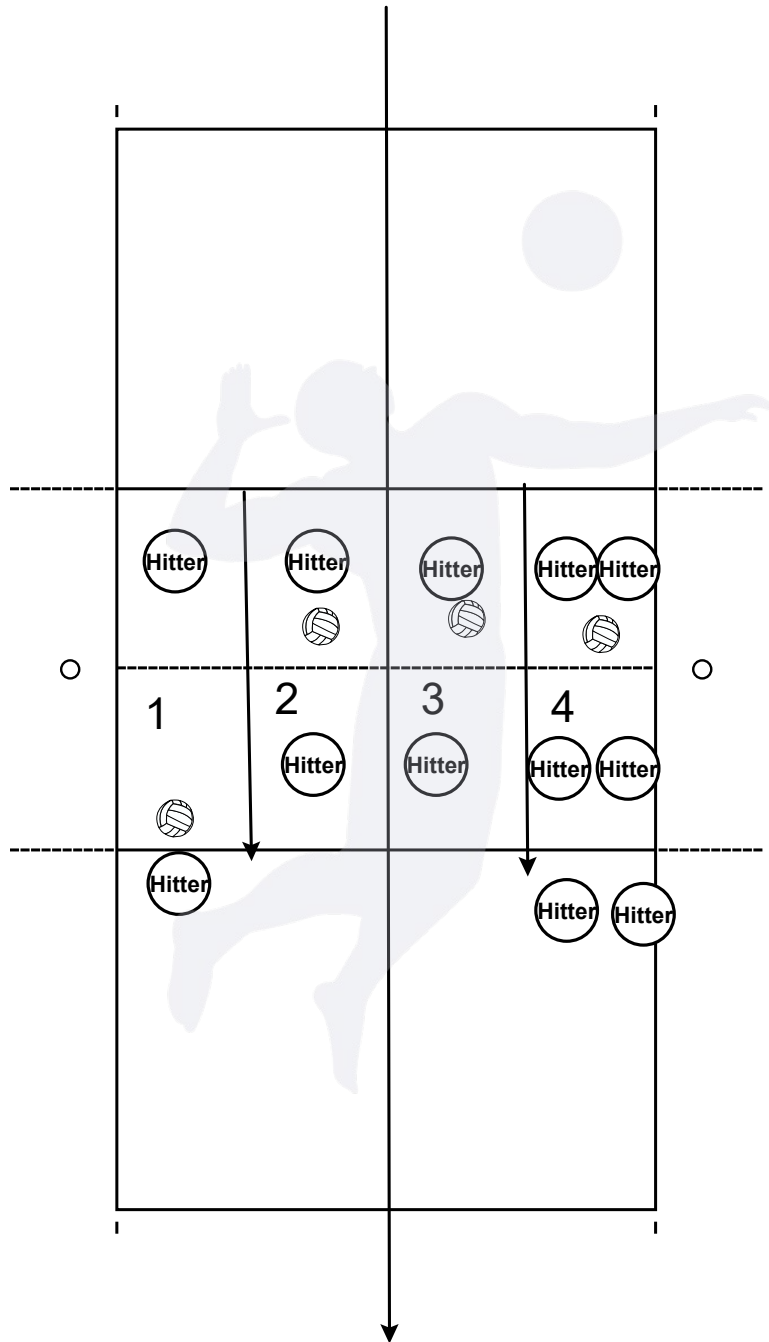
Part 1 - Drill: 3 Hittable vs. Playable Balls 6 on the Court Live and Calling With Priority List

Goal is players calling for the ball. Player then deciding if the ball is hittable or playable. Hittable balls players play overhand and playable balls players play underhand. Players need to learn to be very aggressive with this drill early especially on hittable balls. As the players get more comfortable coaches should demand a higher level of consistency and players having and attack priority. In running this drill coaches should face the net and not see the players. Reps, reps, reps, toss all of balls and have the players off the court full the holes. Players should be aggressive and try and hit the corners, area 1 and 5. This drill is chaotic and forces players to concentrate and be aggressive. Additionally as players get better add 1 or 2 defenders on the other side, have the players read the defense and try and attack away from the liberos. Hitters come in out the back for the person who hit.



Volleyball1on1 Drills

Playable vs. Hittable Drill Progression Practice Modules



Part 2 - Drill 4: Short Court Mini Games Gauntlet

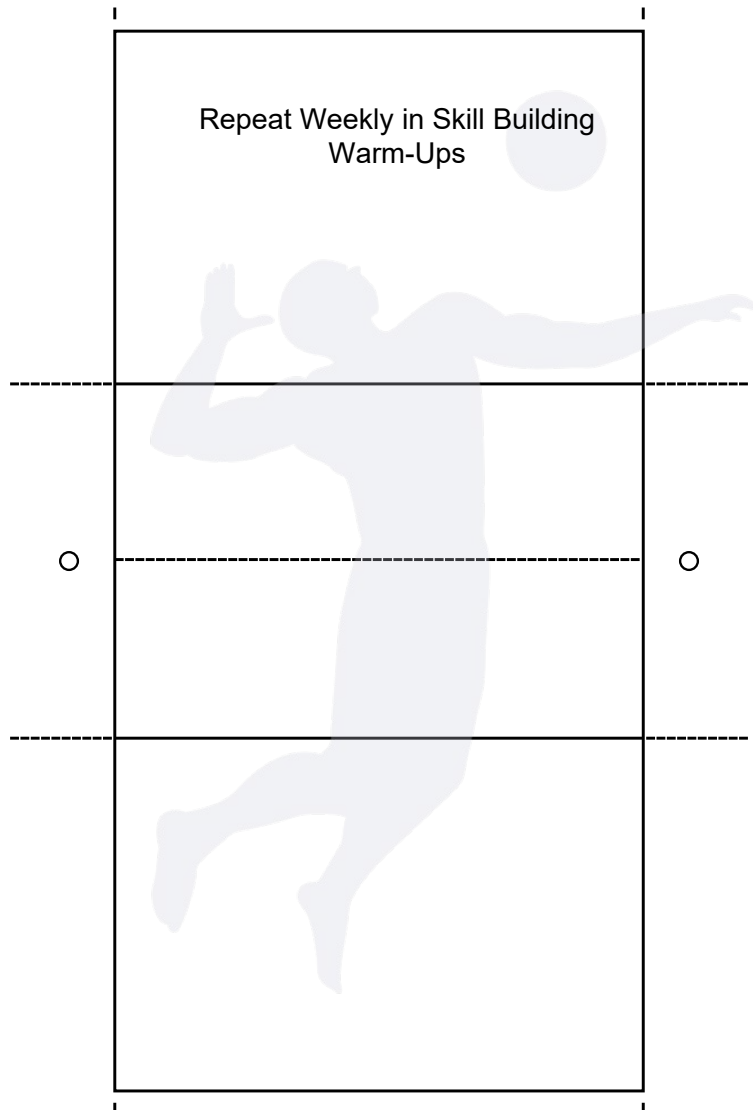
The area is divided into 4 mini courts. Depending on the number of players, court 1, 2, 3 is one on one, court 4 is one on one, two on two or two on two queen / king. The team with the highest score on 4 goes and plays on 3 or player with the highest individual score. If two players scores are equal have them rock, paper, scissors. Now this is a gauntlet so winners go up losers go down. So court 1 is the top court, if you win on 1 you stay. if you lose on 1 you go to 2. Winner of 2 goes to 1 and loser of 2 goes to 3. This repeats. Play for time, maybe 2 minutes, then switch.

The game is kind of no rules, serve behind the 10 foot line, tip with both hands, 3 touches, 4 on block allowed. The main goal is the players learn to tip with both hands, read the defense and find the court.



Volleyball1on1 Drills

Playable vs. Hittable Drill Progression Practice Modules



Part 3: Repeat in Skill Building Warm Ups

Drills 2, 3, and 4 are great skill building warm-up drills for helping players learn how to "Take Out the Trash!"

I highly encourage these 3 drills mid way and through the end of the season or after a match when the players are not scoring off good "Hittable Balls!"

Contact me with questions?
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*Note, this is a module we run at all Volleyball1on1 Camps!