

SKILLS

<p>PASS</p> <p>Keys</p> <ul style="list-style-type: none"> -wrists and hands together -straight and simple platform -face ball, angle platform -athletic move to ball -see server, see spin <p>Face where the ball is coming from and redirect via angles using your shoulders (drop).</p>	<ol style="list-style-type: none"> 1. Individual Passing <ul style="list-style-type: none"> -Pass to self -Pass low to self, then pass high to self, repeat. 2. Circle Ball Passing <ul style="list-style-type: none"> -in a circle, passers try to keep the ball up in air 3. TPC (Toss-Pass-Catch) with partner <ul style="list-style-type: none"> -1 Min, 3 rounds 4. Toss to partner <ul style="list-style-type: none"> -on knees midline -on knees angles -under net add shuffle down line 5. Back-N-Forth <ul style="list-style-type: none"> -Try for 50 in a row. 6. 3s/4s Linear Passing <ul style="list-style-type: none"> -2 min passing forward (the end players), then switch, 2 min passing overhead (players in middle). 7. Triangle/Square Passing <ul style="list-style-type: none"> -groups of 3 or 4. Pass to right by facing where the ball comes from, then drop shoulder to pass to other person on right. 8. Tennis <ul style="list-style-type: none"> -1 v 1, Passing only, Contact once and run off, next person runs onto play next ball. (OR 2 v 2, 2 passing contacts) -Game to 15. 9. Butterfly <ul style="list-style-type: none"> -Follow ball, pass, set, target catch, throw.
<p>SET</p> <p>Keys</p> <ul style="list-style-type: none"> -hands shaped, up on time -hands and arms work as one unit -contact above forehead -extend arms to target -hands stay ball shaped before, during, and after -face passer, square to target 	<ol style="list-style-type: none"> 1. Individual Setting <ul style="list-style-type: none"> -Ball and Wall: ball shaped hands quick setting to wall -Set to self -Set low to self, then high to self, repeat 2. TSC (Toss-Set-Catch) with partner <ul style="list-style-type: none"> -1 min, 3 rounds -optional drop to partner w a crunch -drop to partner on knees. -set to partner w shuffle over the net. 3. Back-N-Forth

<p>-superman release, not girly girl - can start hands on hips then bring to forehead</p>	<p>-Try for 50 in a row.</p> <ol style="list-style-type: none"> 3s/4s Linear Setting -2 min setting forward (players on ends), then switch, 2 min backsetting (players in middle). Triangle/Square Setting -Make a triangle with 3 players. Face where the ball comes from, step left to ball then pivot on right foot, set and extent to person on right Tennis --1 v 1, Setting only, Contact once and run off, next person runs onto play next ball. (OR 2 v 2, 2 pass and set contacts) -Game to 15.
<p>HIT</p> <p>Keys</p> <p>-4 step approach Small, bigger, biggest Slow, faster, fastest 2nd step on/before 10' line</p> <p>-Double arm lift Relax arms on 1st and 2nd step, back on 3rd step (open chest to setter), forward and up on 4th step</p> <p>-Bow and arrow arm swing Torque</p>	<ol style="list-style-type: none"> Footwork -Without ball, work on 4 step approaches. -Right, left, right, left. Armwork -Without ball, work on arms and footwork. -throw a ball first w pull back. Could use tennis balls. Toss ball to hitter on knees. Hit under net. You Go, I set. -Focus on last 2 steps of approach, with arms going back and up. Start on 10' line. Coach tosses a 2 ball. I set, You Go. -Player toss to setter, set hitter, shag, and rotate around. Setters stay for 5 sets. -Start with an outside set (4), middle set (1 or 2), right side set (5). Hitting Lines with Setter (may use libero to pass ball to setter) -outside, middle, right side Pass/No Pass + Hit -2 passing lines (middle back and left back), Coach tosses the ball to one of the two lines. If the toss is to the middle line, then the outside hitter shuffles out of court and hits. If the toss is to the left back line, then the outside hitter passes and shuffles out of court and hits. Rotate from the middle line to the back of the left

	<p>back line.</p> <p>8. Princess and the Dragon (Survivor) -one player is the “dragon” on the opposite side of the net. All the “princesses” line up and hit the ball (off coach toss). If the princess makes an error, they go to the dragon side. If a dragon catches an attack, they get to come to the princess side and the princess is now a dragon. Game continues until the last princess scores an attack with no other princesses.</p>
<p>SERVE</p> <p>Keys</p> <ul style="list-style-type: none"> -Bow and Arrow <ul style="list-style-type: none"> Stand 45 deg Ball in 1 hand Hitting elbow and shoulder back -Toss step hit OR step toss step hit <ul style="list-style-type: none"> Toss ball in front of hitting shoulder Contact on heel of hand (High five back wall) -Swing to target with torque -Remember Coach Young’s 4 steps from camp 	<ol style="list-style-type: none"> 1. Ball and a Wall <ul style="list-style-type: none"> -Stand close to the wall. Set up tossing arm and serving arm back. -Toss, hit your hand at ball and stick it to the wall. 2. Ball and a Wall <ul style="list-style-type: none"> -Step back 5-10’. Toss, step, and hit ball. Freeze with hand out in front, hips facing wall, and back foot toe dragging on ground. 3. Standing Serve: 10’ to 10’ to endline <ul style="list-style-type: none"> -Ball and partner-serve 2x, then take one step back. Work past the endline to serve. 4. Dead Fish <ul style="list-style-type: none"> -split into 2 teams. Each team serves the ball; players who make errors are the dead fish until they are hit by a teammate’s serve. Best of 3 rounds. Change up the teams. 5. Around the World <ul style="list-style-type: none"> -Start with zone 1 (server’s corner). Players sit in that zone and their teammates serve to them. Players <i>must</i> catch the serve (not on the bounce). The server replaces the seated player, but in zone 2. First team to complete serving around the world wins. Best of 3 rounds. Change up the teams.
BLOCK	<ol style="list-style-type: none"> 1. Move across the net from left to right.

<p>-2 step block or 3 step crossover block</p> <p>-Read BSBH (Ball, Setter, Ball, Hitter Hltter Hltter)</p> <p>-Ready Positions: Hands at Net, Elbows distance away from net, loaded legs ready to go</p> <p>-Arms and Hands press up and over net</p>	<ol style="list-style-type: none"> 2. Move across the net from right to left. 3. One hitting line vs 2 blockers <ul style="list-style-type: none"> -Coach toss to outside line, hitter hits vs a middle blocker and a right side blocker. -Rotate through: hitter, to right side blocker, to middle blocker. Play all positions. -Then, repeat this for right side hitting line. 4. Two hitting lines vs 2 blockers. <ul style="list-style-type: none"> -outside hitting line and middle hitting line vs right side blocker and middle blocker. -Rotate through: after you hit, be the blocker -Work on double block on outside hitter and single block in middle. Off blocker drops down to play defense. -Repeat for right side hitting line and middle hitting line. 5. Three hitting lines vs 3 blockers. Same as above. 6. Note: you may add any defense players behind the blockers for more.
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TEAM

<p>SERVE AND RECEIVE</p> <p>-3 passers straight across and in the middle</p> <p>-"my seam, my short"</p> <p>-face the server, move to the ball, and angle platform to target</p>	<ol style="list-style-type: none"> 1. Butterfly using 2 passers 2. 3 receivers, 1 setter target, rest serving <ul style="list-style-type: none"> -passers get to 5 good passes to target, then everyone rotates one spot 3. Servers vs Receivers <ul style="list-style-type: none"> -Good Pass, receivers get a point -Ace serve, servers get a point -Passers shank, servers get a point -Missed serve, passers get a point -After each serve, passers move right one spot. -Play to game of 15. Then switch roles.
<p>DEFENSE</p> <p>-Stop and face hitter.</p>	<ol style="list-style-type: none"> 1. With partner <ul style="list-style-type: none"> -partner hits/throws ball to diggers midline

-Down and ready to react.
-Hands out and up.
-Read: Passing ball, setter sets, where is the ball going, focus on hitter hitter hitter (BSBH, Ball, Setter, Ball, Hitter)

*Digging Target: 20 x 10, 20 feet high and 10 feet off net towards middle of court

-partner hits/throws ball to diggers left side and right side
-partner hits/throws ball at diggers head or above
-partner hits/throws ball in front of digger (Scoops: digging a ball in front of you by "scooping" it with bent arms and ending in a belly slide)

2. Coach on 3

-Coach stands in middle of court at digging target. Other diggers at 2x2 at left back, middle middle at middle back, and 2x2 at right back
-Coach hits balls at diggers and continues hitting and digging until ball is dead.

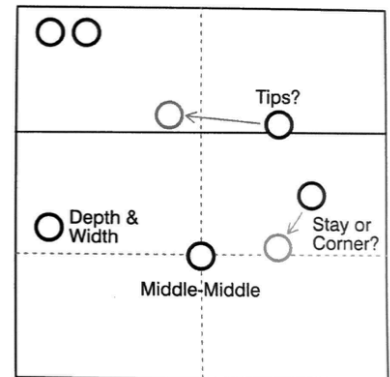
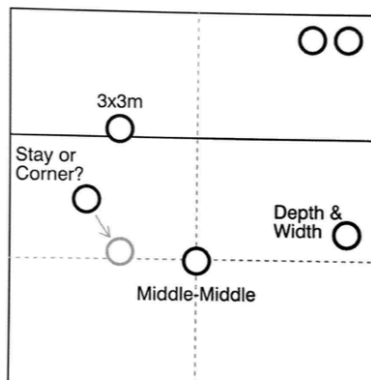
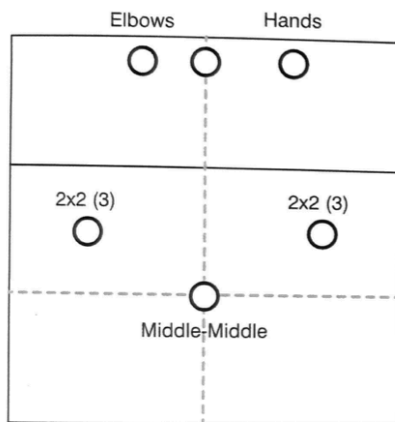
3. Neville's Pepper

-Set up court with one team on one side and 2 teams on the exchange side. Coach hits balls to exchange side that can attack front row.
ONLY THE TEAM ON DEFENSE CAN SCORE. Teams score 1 point by digging a ball during a rally and lose 1 point by not pursuing a ball. (Exchange after the rally is over.) 3 minute rounds.

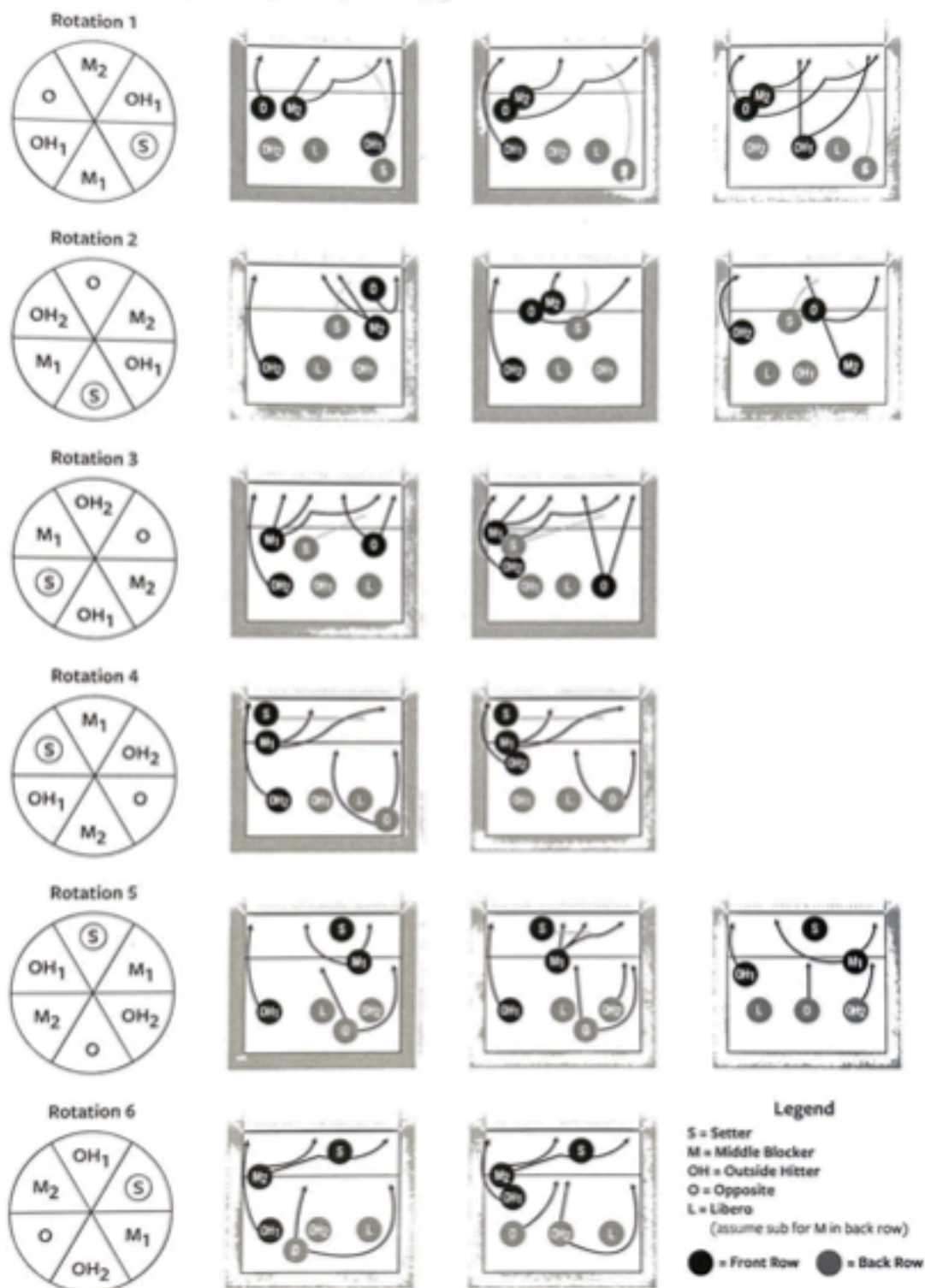
4. Queen of the Court

- 4 v 4 (1 setter, 3 back row players)
-Back row attack only.
-Starts with a serve.

BASE DEFENSIVE POSITIONS

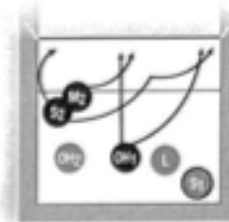
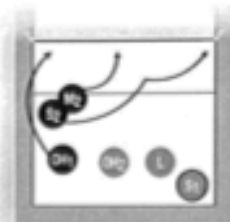
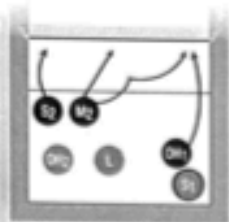
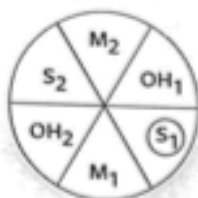


5 – 1 SR FORMATION OPTIONS

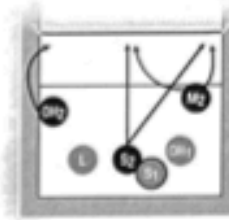
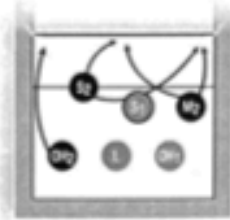
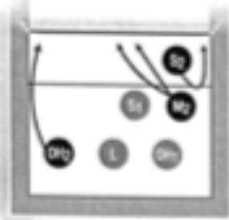
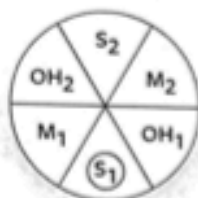


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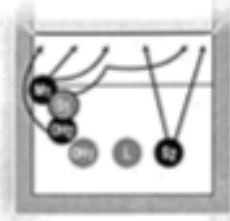
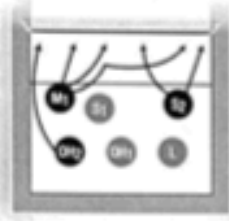
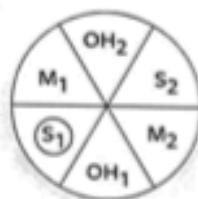
Rotation 1



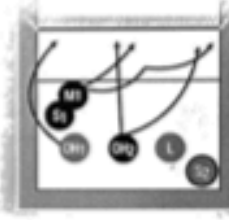
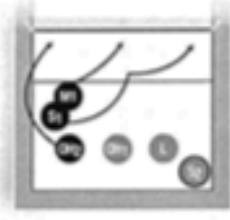
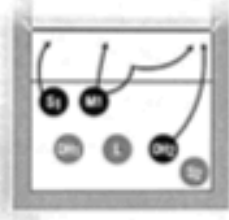
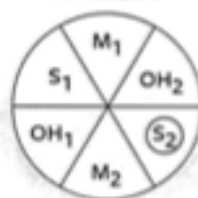
Rotation 2



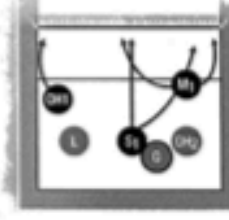
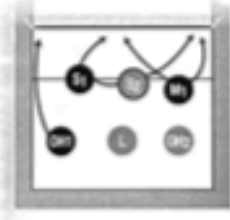
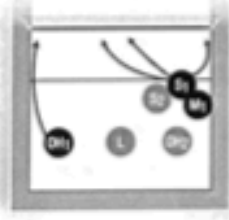
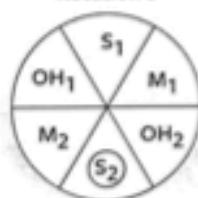
Rotation 3



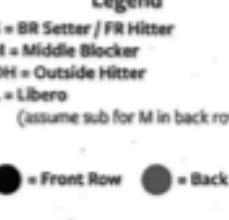
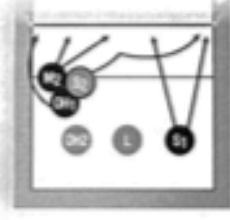
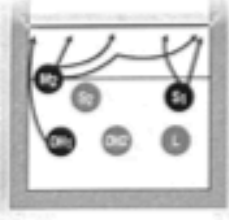
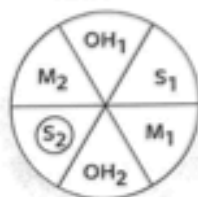
Rotation 4



Rotation 5



Rotation 6



Legend

S = BR Setter / FR Hitter

M = Middle Blocker

OH = Outside Hitter

L = Libero

(assume sub for M in back row)

● = Front Row ● = Back Row

