**Volleyball Drills & Skills**

Setting:

1. Quick sets against wall (slowly move farther away from wall)
2. Lay down and set (Start by catching and throwing up)
   * 100 small/low sets
   * 100 big/high sets
3. Set into laundry basket from partners toss
   * Can move laundry basket to different distances

Passing:

1. Pass against wall (pass forward or diagonal, using wall to return)
2. Pass in various movements to self
   * Start by passing stationary working on your form
   * Move up to shuffling while passing
     + Potentially to skipping/pivoting/shuffling
3. Pass to the roof (with parents approval)
   * Allows you to move and learn how to cover larger areas

Hitting:

1. Practice hitting approach
   * Start with footwork (3 Steps)- https://www.theartofcoachingvolleyball.com/3-step-approach-drill-for-young-volleyball-players/
     + 1. 1st step is about direction
       2. 2nd step is about power
       3. 3rd step is about forward motion
2. Hit against wall

Serving:

1. Throw toss in air and let drop
   * Should drop right between feet
2. Serve at wall/garage wall (with parents permission)
   * Put an X on the wall 10 feet up from the ground starting fairly close to the wall moving all the way back until 30 feet away from wall while working to consistently hit the X.
3. Serve and Dash
   * Serve and run to get the ball continuously back and forth
   * (Works on quickness of running to 10 foot line after serving in game)

\*Also can work on learning how to jump serve\*

* Video on jump serve- <https://youtu.be/549ZWOHTinw>

Blocking:

1. Practice blocking footwork (left & right)
   * Work to be quick and efficient
2. Work on pressing against wall
   * Keep hips and feet back
3. Higher & Stronger Blocking tips
   * <https://youtu.be/_5cBgH6u72o>

Partner options:

1. Pepper (Bump, set, spike)
2. Alternating pepper
   * Designated hitter/digger

Extras:

* Pancakes- <https://youtu.be/mHmbETqQ7Pw>
* Rolling- <https://youtu.be/vN4YrUiB2zs>

**Volleyball Workouts/Conditioning:**

**(All exercise’s can be found online if you are not sure how to do them.)**

Body Weight & Strength Conditioning Workout-

* Warm up (repeat 3x)
  + High knee’s (10 each leg)
  + Body weight squats (20)
  + Lunges (10 each leg)
  + Plank (1 minute)
  + Jumping jacks (20)
  + Butt kickers (10 each leg)
* Strength & Conditioning (repeat 3x)
  + Sumo Squat (15)
  + Push up (10)
  + Alternating jumping lunges (10 each leg)
  + Alternating crab toe touch (10 each leg)
  + Superman’s (15)
  + Burpees (10)

Jumping, Stability, & Agility Workout-

* Warm up (repeat 3x)
  + Walking lunges (10 each leg)
  + Walking leg kick toe touch (10 each leg)
  + Sumo squat with arm circles (10)
  + Complex stretch (5)
    - High knee to lunge to twist to elbow tuck to hamstring stretch
  + Single leg calf raises (10 each leg)
  + High knees (15 each leg)
  + But kickers (15 each leg)
  + Tuck jumps (10)
  + Crunches (15)
* Jumping (repeat 3x)
  + Jump landing (10)
  + Double leg hops (20)
    - 1 set front to back, 1 set side to side
  + Single leg hops (10 each leg)
    - 1 set front to back, 1 set side to side
  + Alternating jumping lunges (10 each leg)
  + Side to side shuffling (30 seconds)
  + Block jumps (20)
  + Burpee to block jump (10)
* Cool Down with Stretching Video
  + <https://youtu.be/2L2lnxIcNmo>

Full Body Strength Workout-

* Warm up (repeat 3x)
  + Hip bridges (10)
  + Side plank (30 sec each side)
  + Calf raises (25)
  + Russian Twists (20 total)
  + Around the world lunges (10 each leg)
    - 1 rep = front lunge, side lunge, reverse lunge
  + Push up (10)
* Lower & Upper Body (repeat 3x)
  + Downward dog push up (10)
  + Arm Circles (30 seconds each way)
    - 30 seconds forward and backward
  + Burpee with push up (10)
  + Reverse lunge knee drive (12 each leg)
  + Jump squat (15)
  + Curtsy lunges (15 each leg)
* Core Strength (repeat 3x)
  + V crunches (10)
  + Mountain Climbers (10 each leg)
  + Leg raises (10)
  + Plank tap (1 minute)
  + Alternating Side crunches (10 each side)

Agility & Conditioning Workout-

* Warm up (repeat 3x)
  + Side lunges (10 each leg/way)
  + Plank up down (30 sec)
  + High knees (10 each leg)
  + Butt kickers (10 each leg)
  + Bicycles (30 total)
  + Walking leg kick toe touch (10 each leg)
* Agility & Conditioning
  + Front and back line jumps (25 total)
  + Lateral (side to side) jumps (25 total)
  + Single foot front and back line jumps (20 each leg)
  + Single foot lateral (side to side) jumps (20 each leg)
  + Squat jumps (15)
  + Four square jumps (10 clockwise & counterclockwise)
    - 1 rep= jump in the shape of a box all four directions (counterclockwise & clockwise)
  + Lateral shuffle (1 minute)
  + Hitting approach (10 times)
  + Blocking transition with footwork (10 times)
* Cool Down Stretching Video
  + <https://youtu.be/2L2lnxIcNmo>