Spike This

Girls Volleyball
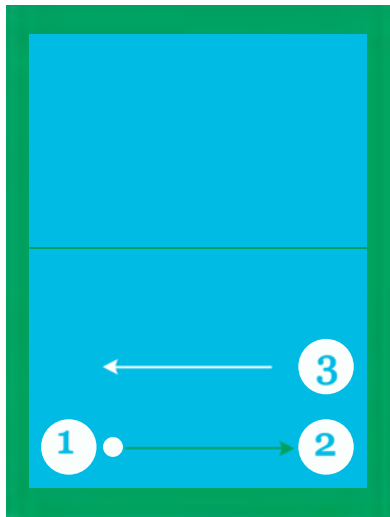## Drill Packet

CYO athletics

ATTACK RECEIVE SETUP

CYO athletics

Skill Set:Ballhandling
Objectives: Movement, quick thinking, setting, attacking, passing.

Step 1:
3 players
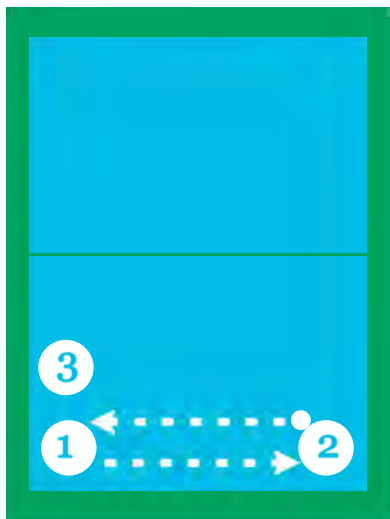**1 Ball**
Attack-Receive-Setup
Player not attacked goes to the other side.
1 attacks 2.
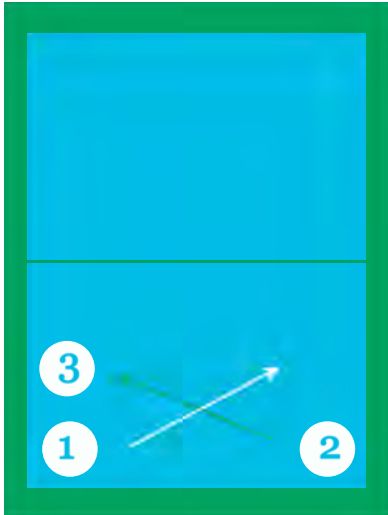3 goes to the other side.
green line- attack
white line- run.

Step 2:
Pass from 2 to 1.
Followed by a setup from 1 to 2.

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ATTACK RECEIVE SETUP

CYO athletics

Step 3:
2 attacks 3.
1 runs across court.
Repeat...

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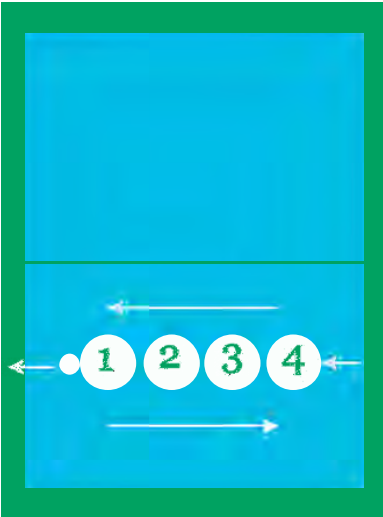San Francisco, San Mateo & Marin

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IN LINE

Skill Set:Ballhandling
Objectives: Movement, running, practicing different hits.

Step 1:

4 or more players 1 ball.

The object is to keep the ball in play as long as possible. The ball should stay at the same place.

Player 1 plays the ball high and runs toward the sideline. Reverses direction and runs to the other sideline and then rejoins the group.

Players 2, 3, and for do the same as player 1. After 4 plays the ball player 1 should back to the starting spot.

Variation
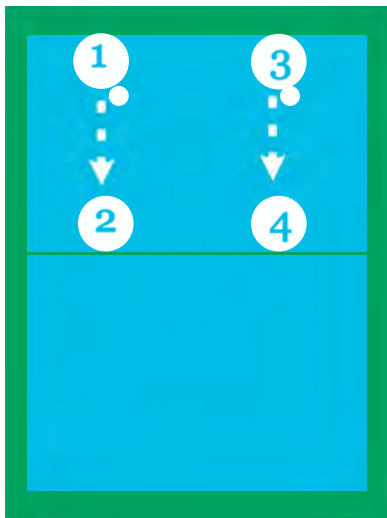
Change the type of hit.
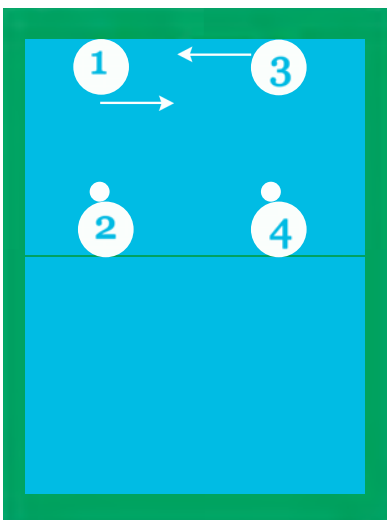
4 PLAYER 2 BALLS

Skill Set: Ballhandling
Objectives: Movement, quick thinking, communication, passing.

Step 1:
4 players
2 Balls
This drill starts out simple and becomes more complex as your players pick up the skill.

Players 1 and 3 start the drill with a toss to the player that is facing them. Get a Rythm of passing back and forth, trying to keep the balls in sync.

Next directly after passing the ball, players 1 and 3 echange places. After passing the ball back players 2 and 4 do the same. (see reverse)

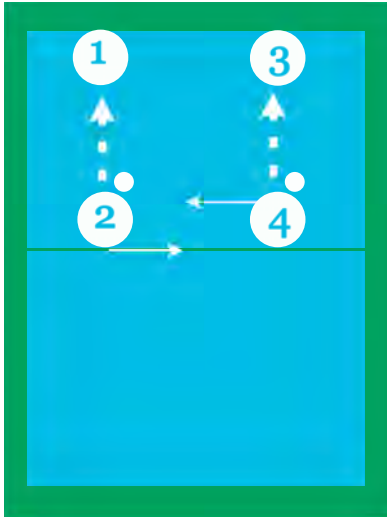**Catholic Charities CYO**
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4 PLAYER 2 BALLS

Skill Set:Ballhandling
Objectives: Movement, quick thinking,
communication, passing.

BACK AND FORWARD

Skill Set:Passing
Objectives: Movement, communication, anticipation,awareness, passing.
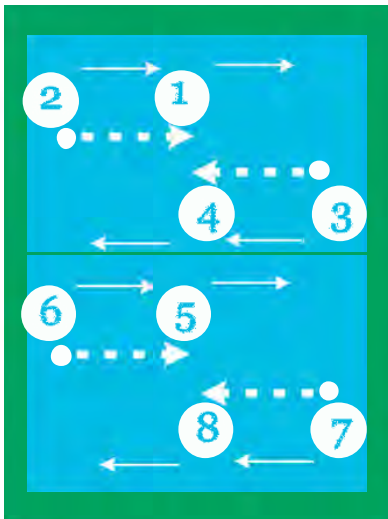
CYO
athletics
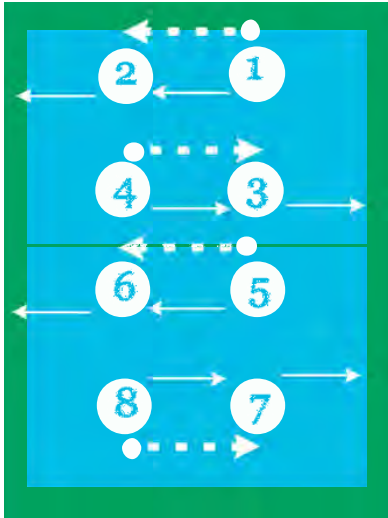
Step 1:
8 players
4 Balls

Divide players in pairs.
The players pass the ball t each
other while one player moves
backwards and one forward.
They should try to keep the
passing difference the same.

Step 2:

When the first players reaches
the side line, the pair reverses
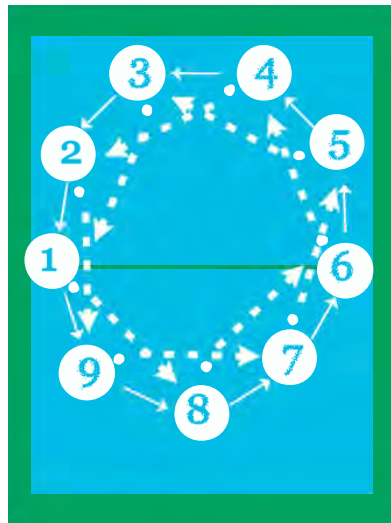direction and goes to th eother
side.
To make it more difficult let the
pairs use 2 balls.

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RONDO

Skill Set: Passing
Objectives: Movement, communication, anticipation, spacial awareness, passing.

Step 1:
Odd number of players and a ball for each player.
Players pass the ball to the space to skip to their right.
Player 1 passes to 8, 2 to 9, 3 to 1, 4 to 2, 5 to 3, and so on.
The players move one spot to the right after they pass.
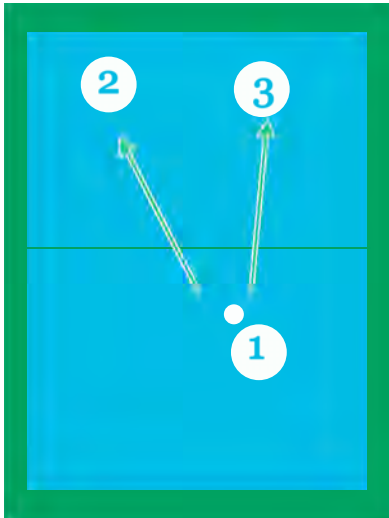
Variations
You may want to atart with less balls.
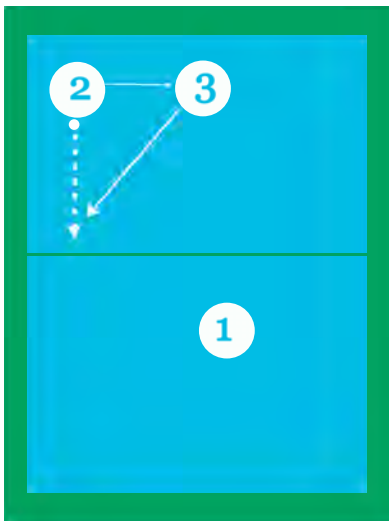Change passes or move in the opposite direction of passes.

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2 SETTERS MOVEMENT

Skill Set: Setting
Objectives: Movement, quick thinking, setting, displacement, precision, defense.

Step 1:
3 players
1 Ball
Player 1 attacks for one of the 2 setters placed side by side at the end of the court. Player 1 can set for 2 or 3.
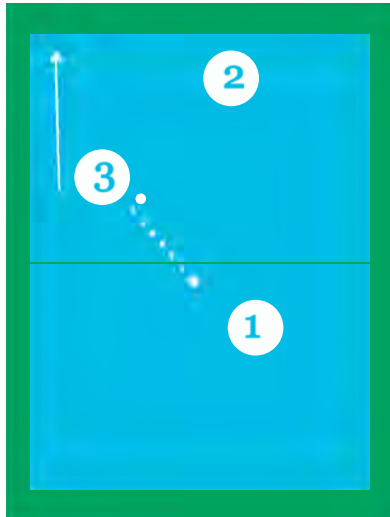
Step 2:
If Payer 2 is attacked they must defend in front on their side.
Player 3 moves to the ball and Player 2 moves into Player 3's position.
If the attack is to Player 3 just reverse the rotation.

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2 SETTERS MOVEMENT

Step 3:

Player 3 sets the ball for Player 1 an returns to the open position. Repeat!!!
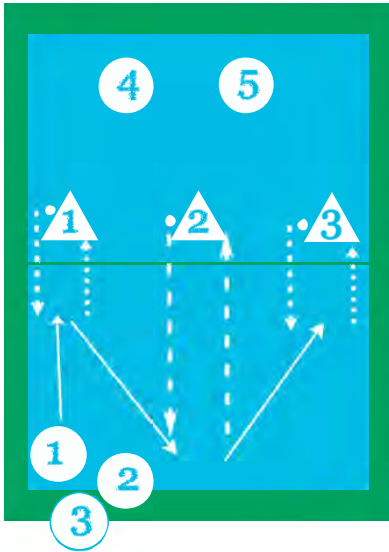
SHORT-LONG-SHORT!

Skill Set: Passing
**Objectives: Movement, quick thinking,
setting, displacement, precision.**

Step 1:
8 players
3 balls
Feeder 1 passes short medium ball to Player 1. Player 1 returns the pass and moves laterally to Feeder 2.
Feeder 2 passes long ball deep into the backcourt. Player 1 returns the pass and moves laterally to Feeder 3.
Feeder 3 gives a short tip pass. Player 1 runs forward to return the pass.
Have Players 4 and 5 shag balls so feeders always have balls.
Rotate with players shagging balls.
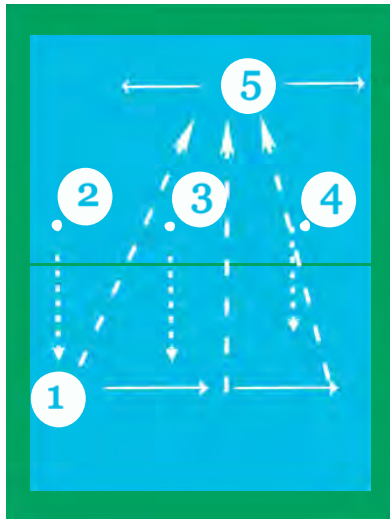

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LATERAL PASSING

Skill Set: Passing
Objectives: Movement, quick thinking, precision.

Step 1:
8 players
3 balls
Player 2 passes to Player 1.
Player 1 passes to Player 5 and moves laterally to Player 3.
Player 5 changes position.
Player 3 passes to Player 1 .
Player 1 passes to Player 5 and moves laterally to player 4.
Player 5 changes position.
Player 4 passes to Player 1.
Player 1 passes to Player 5 and reverses direction.
Player 5 changes position.
Repeat for a time interval or a certain amount of passes.