



Hello Coaches,

Below is your season practice plans and a general outline of how to structure your practice time. Feel free to interchange these activities/drills as you see fit to best work with your team's skill level! Below is suggested what skills your team works on each week, and a list of activities/drills correspond skill.

If you have any questions regarding the upcoming season, please contact:

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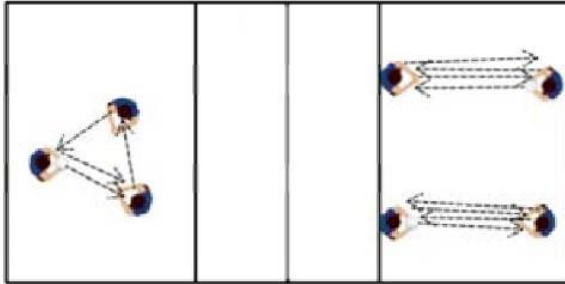
Practice Structure:

- Warm Up Activity/Drill
- Activity/Drill
  - 1 -2 Passing Drills
  - 1 -2 Serving Drills
  - 1-2 Defensive/Digging Drills
- Finish practice with a scrimmage



## Activities/Drills: Passing

### Pepper



A game to provide the players with some extra fun while they continue to develop and polish their passing skills.

#### Setup

- Enough balls for each group of players to use 1.
- Group your players into pairs of 2.
- Give each group a ball.

#### How it Works

1. The first player tosses the ball up in the air to their partner and that person plays a pass (bump) back to the partner.
2. The second player then tries to set the ball back to their partner.
3. The first player then executes a hit (spike) returning the ball to their partner.
4. And then the second player must move quickly into position to bump the ball off the spike.
5. Complete this at half speed for several rounds before requiring the players to do it at full speed.

#### Coaching Tips

- This is a great exercise that helps develop proper passing skills and movement among teammates.
- Once players master each style of pass (Bump, Set, Spike) and can easily complete a full round at half speed, have them increase the speed or do relays against other groups.
- If you have odd numbers or you just want to mix things up, you can form groups of 3 and they can play Triangle Pepper – the same game using three people instead of two.

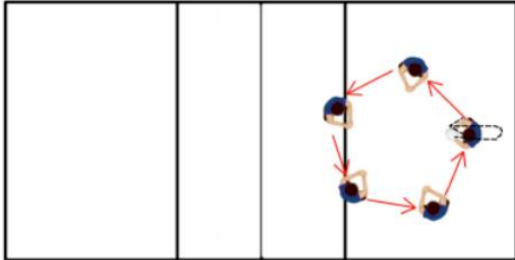


# CARBON VALLEY

## PARKS & RECREATION DISTRICT

### Youth Volleyball Practice Plans

#### Passing Circle



To help players reinforce other passing skills and keep their concentration on moving their feet. This helps players develop good control with their footwork, awareness of where others are, and quality passes.

#### Setup

- Divide your players into groups of four or five
- Have each group form a circle
- Give each group one ball
- The player with the ball is the group leader

#### How it Works

1. The group leader will call out a direction (right or left) and toss the ball about 10-15 feet into the air.
2. The group will rotate in the direction that was called out and the next player will get in position under the ball.
3. They will continue to toss the ball and rotate and the ball must stay in the same general place as where it started.
4. At any time before the next player tosses the ball straight up, the group leader can call out a different direction.
5. The entire circle must then change directions as they rotate under the ball.

#### Coaching Tips

- If you want players to practice setting, you can have them set the ball straight up instead of tossing it.
- It's important that the ball is always passed straight up and never to another player.
- You can make this more competitive by timing the groups and seeing who can get the most consecutive passes without dropping the ball

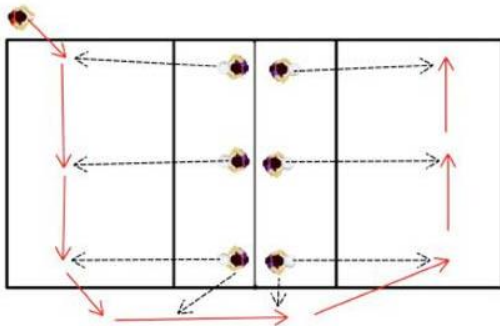


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### Youth Volleyball Practice Plans

#### Around the World



To have your players focus on passing, setting, and footwork to further build their basic skills and abilities.

#### Setup

- Clear the entire court.
- Set-up one line of players on any outside corner of the court between the attack line and back line.
- Set-up 3 tossers on each side of the net, these can be coaches and players.

#### How it Works

1. The first player will move inside the court and return the tossed ball back to the first tosser with a BUMP pass.
2. Then they will shuffle sideways and receive a toss from the second tosser, returning it with a SET pass.
3. Then they will shuffle sideways and return another tossed ball to the third tosser with another BUMP pass.
4. They will then run outside the court moving towards the net and will receive another toss from the third tosser, returning it with a SET pass.
5. After they pass the outside of the net, they will receive a ball from the first tosser on the other side of the court and will return it with a BUMP pass.
6. They will then move back into the court and continue the same return pass cycle – bump, set, bump, set.
7. The next player in line can begin once the player in front of them has made it through the first three tosses.

#### Coaching Tips

- This works as a great skill developer, but you can also pick up the pace and make it a great conditioning drill as well.
- Pepper – the same game using three people instead of two.

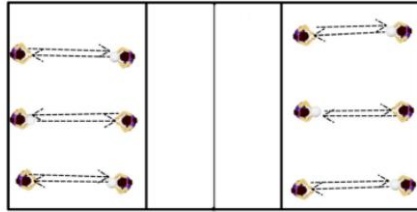


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### Youth Volleyball Practice Plans

#### Table Top



To give players the opportunity to learn or sharpen the fundamentals of a good pass

#### Setup

- Enough balls for each group of players to use 1
- Partner off your players into pairs of 2
- Give each pair a ball

#### How it Works

1. Instruct each player to create a flat 'table top' surface with their forearms and pass the ball to their partner.
2. Each pair should pass the ball in a controlled fashion back and forth to each other for a minimum of 20 passes.
3. Teach your players that the proper technique to create the 'table top' is to bend the knees, put one foot in front of the other, and lift through the ball when striking with the forearms.

#### Coaching Tips

- With repetition, your players will develop the basic skill of setting up for a pass to the setter.
- To make it more difficult you can require that passes be consecutive, meaning the ball doesn't touch the ground in between passes. You can also require the players to pass from greater distances apart.
- To make it more competitive you set a time limit and see who can get the most consecutive passes within that time OR you can set a pass limit and reward the first team to get to that number of consecutive passes in a row.

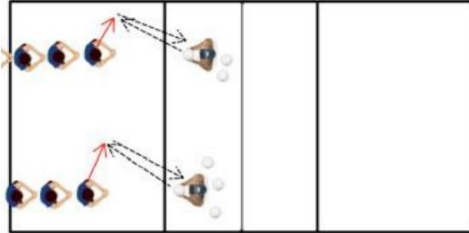


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### Youth Volleyball Practice Plans

#### Moving Table Top



To give players the chance to practice reacting and moving to the ball so that they have more game-like experience

#### Setup

- Divide the players into two separate lines
- Each line needs a coach and 2-3 balls

#### How it Works

1. The coach will toss the ball up, either to the right or the left, at varying heights.
2. Each player in front of the line must shuffle and get into position underneath the ball in order to execute the proper pass.
3. Make sure each player gets a chance to return a pass a minimum of 3-5 times.
4. Remind your players that this will help them develop the proper footwork and passing technique to be able to perform well in games.

#### Coaching Tips

- This builds upon the previous basic skill of creating the table top. Not only will they be able to create the flat surface, but they will learn to do it while on the move.
- To make it more competitive and fun you can do a relay race with each line to see which can have all the players complete a proper pass first.

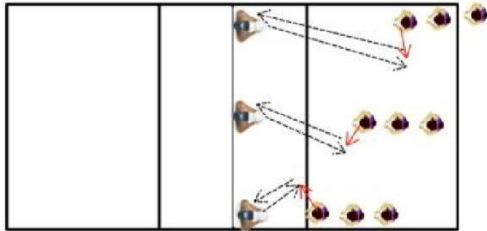


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### Youth Volleyball Practice Plans

3-6-9



To add variety in practicing passing skills with a focus on bumping and setting.

#### Setup

- Each group will create a separate line starting at the 3 meter attack line.
- Have a coach or player line up by the net in front of each line.

#### How it Works

1. A player or coach will toss the ball from the net to the first player in line.
2. The player will then get into position and return the ball back to the coach or player and then go to the back of the line.
3. Once everyone in the line completes one pass from the 3 meter line, the line will move back to 6 meters away and repeat.
4. Once each player completes a return bump from 6 meters away the line will back up once more to 9 meters.
5. The drill is complete once every player in line has completed a pass from 9 meters.

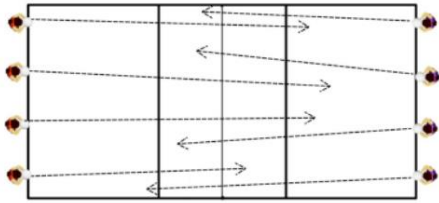
#### Coaching Tips

- Players will start to gauge the distance and force that is required to get the ball to a target at a specific distance.
- To add variety you can use setters at the net instead of coaches or players and they can set the ball back to the next player in line making the drill move a little more quickly and allowing your setters to get some additional practice.



## Activities/Drills: Serving

### 10 Serves In



To reinforce the principles of a proper serve technique and of serving it inside the court

#### Setup

- Divide your players into groups of 3-4
- Give each group 2-3 balls
- Two groups will start, one at each service line

#### How it Works

- On the whistle, each team serves – multiple players can serve at the same time.
- Make sure that each team has the same number of balls.
- The first team to complete 10 good serves that land on the other side of the court wins.
- The losing team rotates off and a new team comes on.
- The first team to stay and win 10 points is the king of the court and should be rewarded.

#### Coaching Tips

- This can become a fast paced game as players try to serve as fast as possible, make sure that they still use proper technique as they are under pressure and going full speed.
- With repetition, this helps reinforce the proper serving techniques and the importance of getting the serve in.



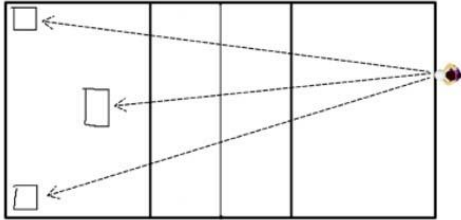


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### Youth Volleyball Practice Plans

#### Serving Targets



To help players find the range needed to place the ball into certain areas of the court when they are serving.

#### Setup

- Create one line of Servers on one side of the court
- Tape off three target areas on the other side
- One in the back left corner
- One in the back right corner
- One in the center of the court

#### How it Works

- The first Server will step up and start serving.
- They will complete as many serves as it takes to serve a ball into all three of the targets.
- Every time they serve the ball out of bounds or into the net they have to go back to the last target they hit and hit that one again.
- Make sure each player gets a chance to complete this drill.

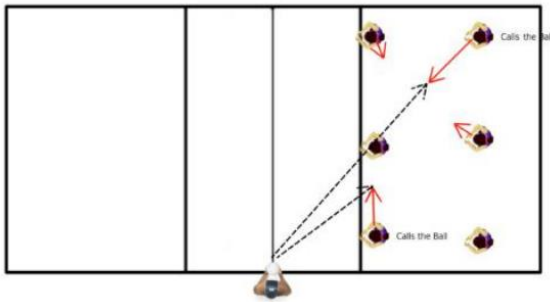
#### Coaching Tips

- This requires your athletes to focus on serving it accurately and properly so that they can do so in games.
- As your team does this drill make sure to emphasize the importance of encouraging their team mates while they are shagging balls, watching or aren't serving.
- Occasionally you may get a player that has a hard time and takes a long time, be patient and encouraging and help them focus so that they can complete the drill.



### Activities/Drills: Defense & Digging

#### Team Communication



To help tighten up the defense so that your team can close defensive gaps in an efficient manner.

#### Setup

- A coach on the referee podium/chair or bleacher with a ball.
- Set a group of players in a serve receive defensive position.

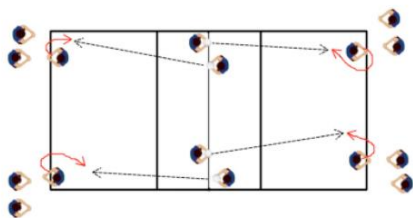
#### How it Works

- The coach will throw the ball into play by tossing it into an open gap between players.
- The players nearest the ball must communicate to cover the open area where the ball is going.
- The players should field the ball and hit it over the net.
- The coach will toss another ball into play into a new hole.
- Rotate players as needed.

#### Coaching Tips

- Team communication can avoid so many lost points, over time you should see better performance on the court for your team with good communication.
- Encourage active communication and have the players encourage their teammates as well.

#### Turn and Dig



To provide an opportunity for your players to work on their reaction abilities and skills

#### Setup

- Divide your players into four groups
- Each group will have one player at the net and a line of remaining players in the back court
- The first back court player will start with their back to the net

#### How it Works

- To start the player at the net will slap the ball and then tip it over the net.
- The first back court player must turn around, locate the ball, and complete a proper dig.



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- They must complete 10 successful digs before switching to another player.
- Make sure that each player gets the opportunity to be in the back court and complete the digs.

### **Coaching Tips**

- This is a great way to help train your players reaction and ball awareness.
- Sometimes players could get confused if each group is slapping the ball at different times so you may consider using a whistle and having each player tip the ball on the whistle.



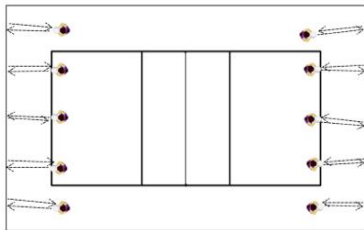
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### Youth Volleyball Practice Plans

## Activities/Drills: Attacking

### Snap the Wrist



Time for players to practice the wrist motion necessary to send the ball at a sharp angle to the floor.

#### Setup

- Give each player a ball.
- Have each player line up about 10 to 15 feet from a wall.

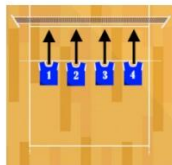
#### How it Works

- The player will start by tossing the ball up in the air.
- Then they will hit the ball using the proper technique – reach back, strike the ball, follow through.
- The ball should land a couple feet in front of the wall and bounce up off the wall and back towards the player.
- Then they can hit the ball again and again in a continuous fashion.
- Make sure each player complete at least 10-15 good wrist snap hits.

#### Coaching Tips

- By learning the appropriate wrist snap, your players will have the two tools they need to become good hitters.
- If the player cannot get the ball to the floor before it hits the wall, then they are not contacting with the proper wrist snap.
- If they have too much wrist snap, the ball will go straight down to the floor and not hit the wall with enough force to come back so it can be hit again.

### Approach Step Drill



The approach step drill gives players a chance to focus solely on footwork, eliminating the potential distraction of hitting a

#### Setup

- Four players will line up on the attack line, facing the net
- You don't need any balls for this drill

#### How it Works

- Players will start at the attack line.
- On the coach's command, players will go through their approach step, then jump and pretend to spike a ball over the net.

## Youth Volleyball Practice Plans

live ball and allowing them to build a firm foundation.

- Players will return to the attack line and repeat.

### Coaching Tips

- Show the players what it looks like before the drill begins, so that they have a visual model.
- The focus should be on slow steps at the beginning into a quick explosion at the end.
- Remind players to take a break step before planting and taking off, so they don't have too much forward momentum.
- Keep an eye on their landing spots – anything past the center line is no good.
- Gives you a great chance to walk around and evaluate players all the way through their approach step.

## Stationary Hitting Drill



By keeping players stationary and positioning them further back, we give them a hitting drill that emphasizes reaching high on the ball, getting top spin, and following through.

### Setup

- The player participating in the drill will start in the middle of the court with a ball, with the rest of the players in line on the baseline with a ball of their own.
- 3 players will line up on the far side of the court next to each other.

### How it Works

- The hitter will lob the ball up to themselves, and hit a strike – without jumping – to the other side of the court.
- The defensive players will try to return the serve to the coach on their side of the court.
- The hitter will step out and go to the back of the line, with the next player in line stepping up to hit.
- Continue for at least 3 minutes.

### Coaching Tips

- Keep your eye on the rotation of the ball – if they're not getting top spin, they need to start reaching high and getting under the ball hitting the ball on the right spot.



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- Putting passers on the far side is a great way to get your passers live practice, and gives players who aren't great hitters something they can work on during this drill instead of just standing around.
- To bump up the challenge, you can tell your hitters so hit to a specific passer, giving them something else to keep in mind while they work on hitting and rotation.
- Can tell players to hit to 1-2-3 spot, gives them location to think about as they work on hitting and rotation.