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CITY OF
GRIMES



Volleyball Skills and Drills

Fundamentals of Passing (Bumping)

- 1) Lower body
 - a. Feet shoulder width apart, one foot slightly in front of the other
 - b. Knees bent at least 90 degrees
 - i. To develop a defensive stance, work on touching the floor before receiving the serve or toss
- 2) Hands
 - a. Folded together with thumbs flat upon palms- should not come apart
 - b. Don't cross over thumbs—this can cause inaccurate passing
- 3) Arms
 - a. Arms are extended straight out, no bent elbows. To maintain control, ball should be hit off of the forearm area (“table” or “platform”)
- 4) Movement
 - a. Feet and shoulders should be directed towards target
 - b. Knees should extend and arms “push” the ball in the desired direction
 - i. Do not swing the arms

Fundamentals of Setting

- 1) Lower Body
 - a. Similar stance to passing
- 2) Hands and arms
 - a. With palms open wide, hands should form a “window” with thumbs pointing towards forehead and forefingers angled slightly forming a triangular shape.
 - b. Start with hands out in front and then bring to forehead
 - i. If the player were to miss the volleyball, it should hit them on their forehead
 - c. The ball should hit softly off the upper pads of the fingers.
 - i. Young players will tend to hit the ball off their finger tips, but this can cause jammed fingers and doesn't allow for as much control.
 - d. Once contact is made, the arms and knees should extend and “push” the ball towards the target, right foot forward.

Fundamentals of Hitting (Spiking)

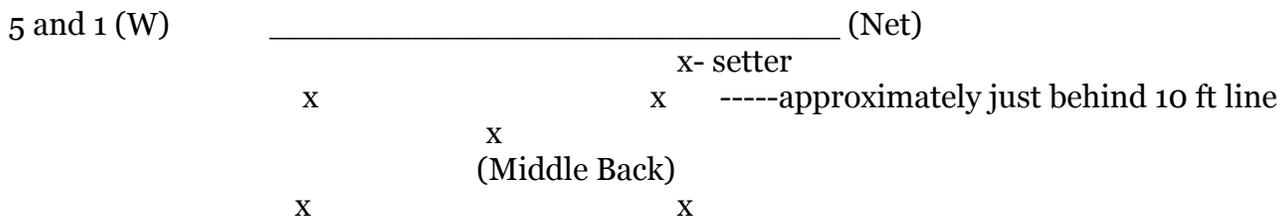
- 1) Starting from the 10 foot line, utilize a **3-step approach**
 - a. For right-handed: Left, right/left together
 - b. For left-handed: right, left/right together
 - c. Quick movement with feet landing solidly in a ready position to jump heel to toe straight up
- 2) Complete movement
 - a. With 3-step approach, arms should swing back to increase momentum
 - b. Land with knees bent approximately 1-2 feet from the net
 - i. On some floors you may be able to use the shadow of the net to distinguish a landing mark.
 - c. Swing arms up while jumping straight up- both arms up, hitting arm behind head
 - i. Young player will tend to jump into the net, so really emphasize the straight up movement.
 - d. Contact should be made just as the ball is starting to come down from the set

Fundamentals of Serving

1) Position and Movement

- a. Feet should be a comfortable stance apart with the opposite foot of serving hand in front.
- b. Using both hands to hold the ball and arms extended straight towards the net, locate position of ball directly out in front of the dominant side shoulder
- c. Draw back the serving hand. (Some young players will have to use both hands for toss, so they would toss at this point and continue with movement). The body should twist at the waist.
 - i. Elbow should form approximately 90 degree angle with body and wrist and hand should be located near the ear.
- d. Toss the ball into the air and contact the ball with a firm hand and wrist out in front of your body. Try having them hit back of the ball, not underneath.

Formation



(Feel Free to use other formations if you have ones that you have used in the pass, this is a basic one to start with and allows each player to be the setter when they are in the middle front position)

Volleyball Drills

Passing/Setting:

- 1) Army Drill – 3 people in two lines across from each other, pass (set) it back and forth as long as possible. Once a person passes the ball, they should follow the pass to the end of the opposite line. *Coach tosses the ball and retrieves it.*
X X X <-----> X X X
- 2) Stomach Drill – 1-3 players lay on stomach. The coach bounces the ball hard off the floor (*have the coach just slap the ball and have the players jump up*); at that point the players recover to their feet and pass the ball back to the coach. If using 3 players, attempt to get three touches to get the ball over the net.
 - a. “Popcorn” – *Have the players lay on their stomachs and then when the coach slaps the ball, it’s like popcorn getting hot and they pop up quickly off the ground and set up to pass/set the ball.*
- 3) Turn and bump (set) – Players stand facing away from the tosser, the tosser slaps the ball loudly and the passer turns to pass the ball. This works on getting to the ball and squaring up to the target. (this can be done with setting as well)
- 4) Slide Step Passing (setting) – Groups of 3: Two tossers and one player passes the ball. The two tossers should be 8-10 feet apart so that the passer has to move to the ball. The passer should shuffled back and forth retrieving the tosses from each tosser. (*Teaches movement to the ball*)
- 5) Front-to-back passing (setting) – In partners, one player is the tosser, one player is the passer. The tosser tosses the ball to the passer, who after passing back to the tosser, runs up and touches the toe of the tosser, and backs to retrieve the next pass.
- 6) Sheet Drill – Hanging sheets over the net, so that the players can’t see the coach on the other side. The players are in their formation while the coach serves the ball. The players then try to pass the ball, attempting 3 hits and returning the ball to the coach.
- 7) 3 pass drill – Coach serves the ball, players should pass it to each other and then on the 3rd hit, return it across the net.
- 8) Passing Frenzy – Two players are the tossers on the 10 foot line on one side of the court. One player is a target (front-middle position) on opposite side of tossers. The other players are in the back row positions (two players at a time—with the rest in line behind them). Tossers toss the ball across the net to the back row players who are trying to pass it to the setter (Target). A rotation can be used or just switch every few tosses. The target rolls balls under the net to tossers or passers must retrieve balls that don’t reach the target.
- 9) Back pedal drill – Players back pedal in a W formation to retrieve balls that are tossed. Focus on keeping eyes on the ball and establishing yourself to be squared up to target.
- 10) Four point passing (setting) drill – Player 1 passes to 2, 2 passes to 3, 3 passes to 4, 4 returns it to the #1 position. Each player should follow their pass, rotating through each position. Line forms behind player 1, player 4 would go to end of the line with next player stepping in to drill.

Players: 2

 4 3

 1
 x
 x

Serving Drills

- 1) Dead Fish ***This is a very popular one*– establish 2 teams. One player from each team serves the ball. If a serve is missed, they must lay down on the floor on the opposite side of the court. They are now considered a “dead fish”. Continue having players on each team serve (one at a time). If the serve goes over, the player should retrieve the ball and return it to their team. To recover from being a “dead fish” a player on your team must serve the ball and hit you. If you are hit you may return to the serving line. With a time limit, a team with the fewest dead fish is the winner.
- 2) Serving Relays – Set 2 teams with an even amount of players, first player of each team serves the ball. The serve must go over the net. Then the player who served must retrieve the ball and return it to the next person in line. The first team to get all serves over the net wins.

*Have the winning team pick a “fun and crazy” activity for the losing team to do –ideas include: leap frogs, crab walk, push ups, jumping jacks, YMCA song. To emphasize team unity, have all players do the activity—Tell them this only after the winning team has picked the activity.

Games:

- 1) Queen of the Court - 3 teams, each team tries to remain on the serving side the longest. The team which commits the sideout is removed from the court and the next team steps on.
- 2) Point galore – Using regulation volleyball rules, the game is put into play with a serve. A point is given for each successful volley, either to a teammate or over the net.
 - a. The game begins with a serve, if the ball goes over the net and stays inbounds, it is a point. The receiving team attempts to return the serve back over the net for either one point (if it's hit back on the first volley) or 2-3 points (if they use two or three volleys to send it over). Goal is to have highest point totals in a certain amount of time.
- 3) Serve volleyball (*this is a good one since the younger kids rarely can return the ball*) – Goal is to serve the ball over the net so that it strikes the floor w/in opponent's court, to catch and return it with a serve. In this drill, underhand serves can be used. The player who catches the ball may return the ball or pass it to a teammate with a soft underhand serve. Three passes are allowed before the ball has to go over the net. After making a catch, a player can't move and has 3 seconds to serve the ball.
- 4) Newcomb – Throw ball over the net so that it strikes the floor w/in the opponent's court, and to catch and return any ball thrown back by the opponents. The game begins w/ a serve (throw) by the back right-hand player who is allowed to move forward if needed. The receiving team attempt to catch the ball and either throw it over the net or to a teammate. A team is allowed 3 passes before it has to go over the net. After making a catch, a player must throw from that position and has 3 seconds to throw it.
 - a. The serving team scores if the receiving team fails to return the serve or if the receiving team throws the ball out of bounds. Only the serving team can score. The receiving team wins the serve if:
 - i. The serves fails to throw the ball over the net and w/in boundaries of opponent's court
 - ii. The serving team allows ball to hit ground
 - iii. The serving team throws ball out of bounds
 - b. Score to 15 points