

Prior Lake HS
Volleyball
Coaches Clinic

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Key Terms /Ideas for Skills

Setting

- Run to 10 foot line – Shuffle/shuffle
- Get near to the ball (not under it)
- Hands up Early/Close to forehead/in the shape of a volleyball
- Right foot planted and pointed towards the target
- Finish hands out (as if a 2 handed chest pass in Basketball)

Serving

- Posture – Opposite foot forward, knees slightly bent, opposite shoulder towards net
- Toss Low in front of hitting shoulder (Hold ball like a pizza)
- High contact point (arm/wrist/hand straight – like a ping pong paddle)
- Contact ball – Middle of the Hand through middle of the ball at 10'clock
- Finish hitting shoulder towards the net (Shoulder to Shoulder)

Blocking

- Start in athletic position, hands shoulder height in front of you
- First step towards the pin you are traveling towards
- 3 steps – Hands Down/Back/Up with steps
- Use eyes to line up on hitters hitting shoulder
- Penetrate the net – Thumbs up

Hitting

- 4 Steps (Right/Left/Right/Left) Slow-Slow-Fast-Fast
- First 3 steps towards net – last step turned towards setter
- Arms – Forward/Back/Up – Elbow high and back
- Contact high – Middle of the hand through the middle of ball- Snap wrist
- Finish hitting shoulder towards the net (Shoulder to Shoulder)

Passing

- Standing Neutral posture – Arms straight
- Move hands apart until contact – Bring hands together
- Face the server
- Weight on Lead leg
- Tilt Platform towards target

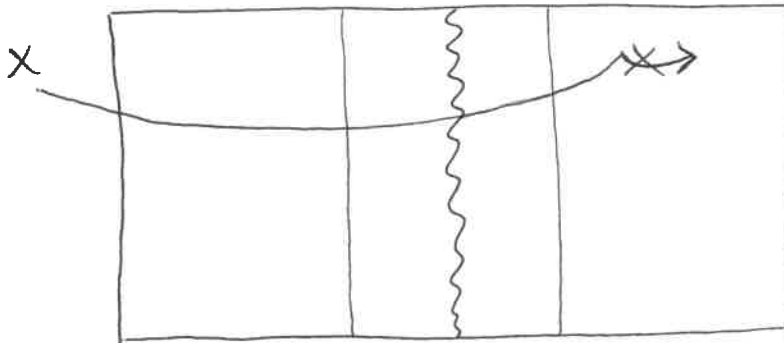
Back Row Defense

- Wide base – low posture/arms out
- Face the action – Weight forward
- Sequence – Ball, Setter, Ball, Hitter, Ball
- Hips low/ strong platform/Explode under ball
- Dig 20/10 (20 feet in the air, at the 10 foot line)

Practice Drill Examples

Serving- "Partner Challenge"

Object: Partners start across the net from one another. Each partner will trade off serving to the other. The goal is to serve the ball to your partner and have the ball bounce between your partner's legs on the first bounce. Team will have 2 minutes to get as many as they can together. Focus is on moving your feet on serve receive and getting to the ball. Both feet must be on the ground when the ball bounces through the partner's legs.

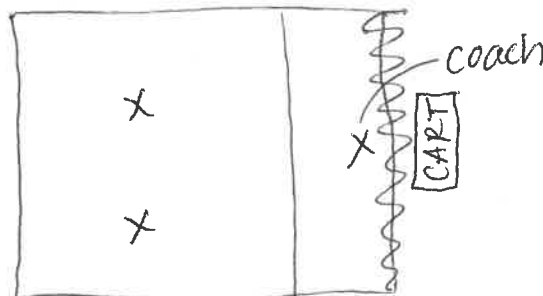


Digging- "Two Touch"

Object: With a partner, athletes must get up the identified number of balls (suggestion 5-7) by both people contacting the ball. If nobody goes for the ball, go back to zero. Coach can throw the ball anywhere on the court. This is a pit drill focused on hustle and expanding the area that your team can cover on defense.

Athletes that are not participating at that moment need to shag and keep all balls off the court.

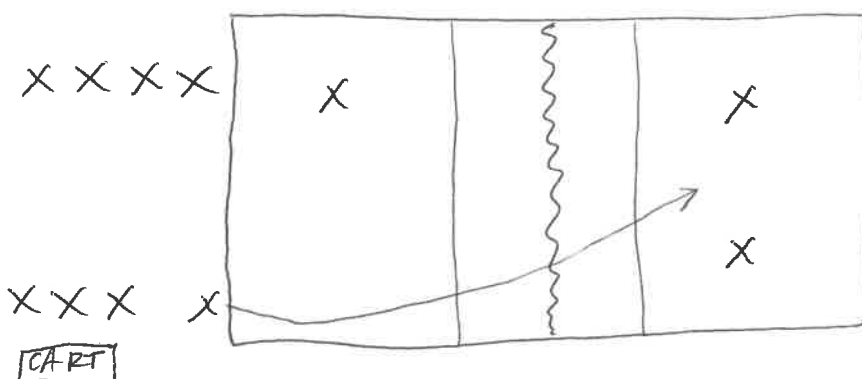
Modification: Two athletes get 2-3 contacts to get the ball over the net. Needs to be an overhand third contact.



Competition- "Speedball"

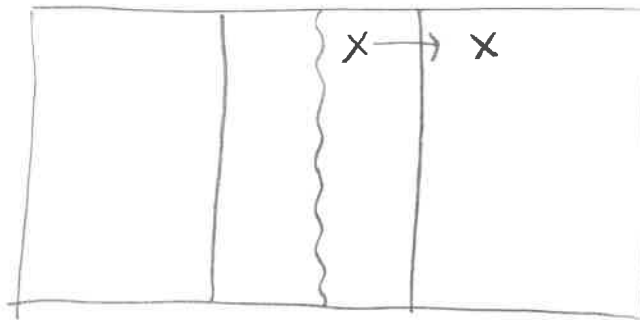
Object: Similar to Queen of the Court but only 2 people. Far side is the winning side. Starts with a throw over the net. Catching and throwing is the first progression. If the ball hits the ground on your side, your team loses and must shag ball and get back into a line. If you win, you head to the Queen's side. ALWAYS start with a throw. Not a serve. You must throw the ball from where it is caught on the court. Fast quick throws.

Modification: Second progression is 1 contact. A contact can be a pass, set or hit. Third progression is 2 contacts. Last progression is 3 contacts. Teams must have the specific amount of contacts, no more or less.



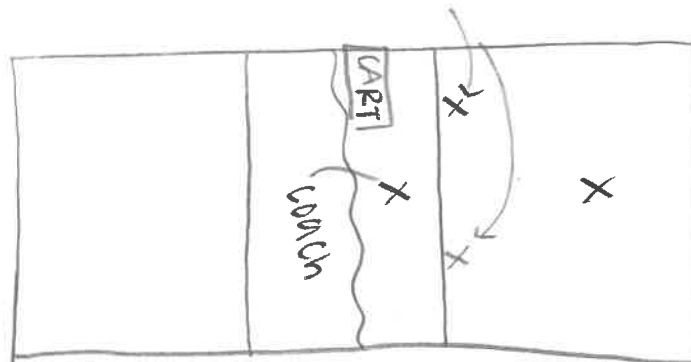
Defense-“Get, Set, Go”

Object: With one partner standing at the net and the other standing on the 10 foot line, the player at the net will begin holding the ball. For the first progression, the player at the net will slap the ball and the other will begin shuffling back. Once the player catches the ball, the other will immediately stop in a balanced and ready position. The player with the ball will continue to toss to their self for a total of 10 balls and then switch spots with their partner. For the second progression, the partner at the net will actually throw the ball up and then toss it to their partner. Switch after 10 reps. After that, partner at net tips/down balls to the defender. Lastly, the partner at net swings at the defender.



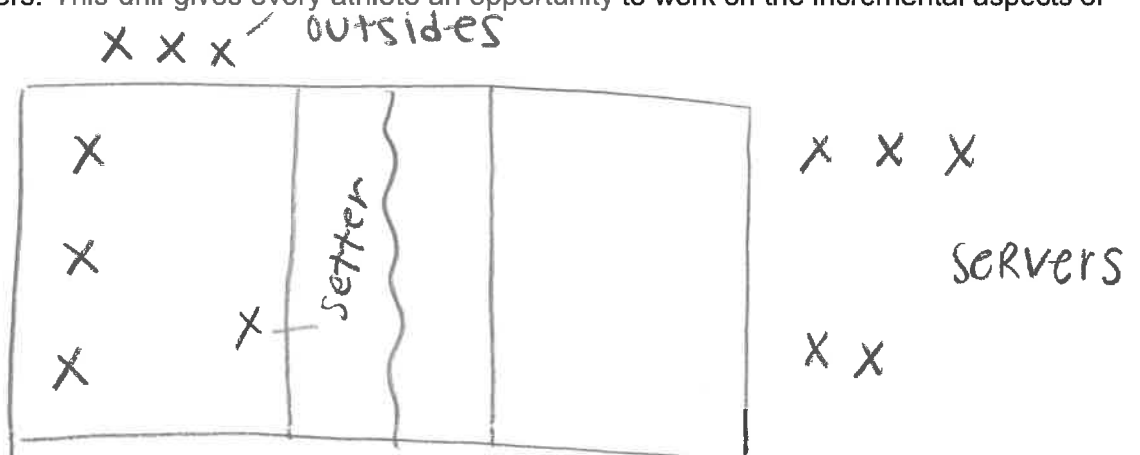
Digging- “Frenzy”

Object: Similar to two touch, an athlete must get up the identified number of balls (7-10) with a coaches swing/toss. The defender will have two partners that must catch their digs in order for it to count. Defender will have to run down balls and defend hard driven swings. *Catchers*



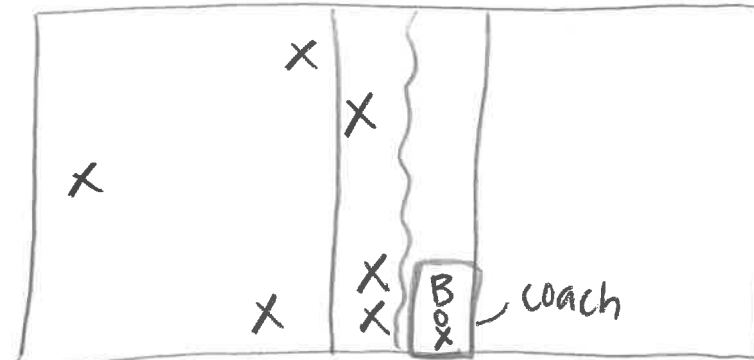
Serve Receive-

Object: Three athletes in the back row will receive serves from the other players on the team. A setter will stand in right front ready to run an offense. You may start with outside hitters on the pin and let them swing for 5 minutes. You can continue to rotate your passers and setter throughout the given time. After five minutes, you can switch up your hitters and have the right side attackers swing for another 5 minutes. Lastly, you can finish with the middle hitters. This drill gives every athlete an opportunity to work on the incremental aspects of their given position.



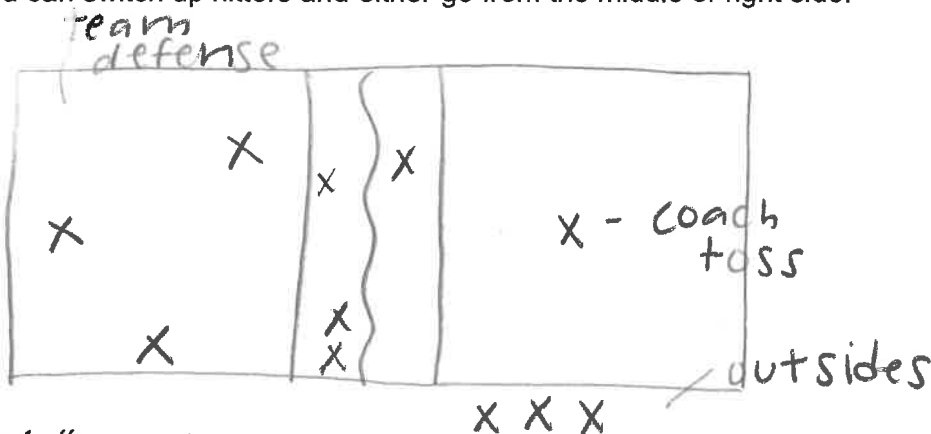
Competition- "10 before 2 (min)"

Object: With 6 players on the court, a coach standing on a box at the net will swing at them. Within the time given (2 minutes) the players must defend the ball and finish the play with a hard driven swing return. The athletes must return 10 balls totally before the time runs out. After 2 minutes, you may switch out the athletes. The coach can also move the box to a different location so the defense can work on defending different swings/positions.



Competition- "Hitter vs Hitter"

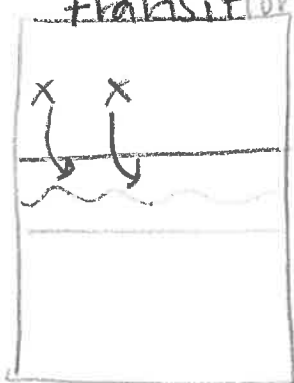
Object: 6 players are set up defensively on one side of the court. With a coaches toss to a setter on the other side of the net, they will run hitting lines. 3-4 players of a specific hitting position (ex. outsides) will be lined up on the pin. As the setter sets the pi9n hitters, they will go up and swing at the team defense. For points, an error is -1, a kill is +1 points, and a perfect pass from the opponent's side is a wash. First player to 3 points is the winner. Afterwards, you can switch up hitters and either go from the middle or right side.



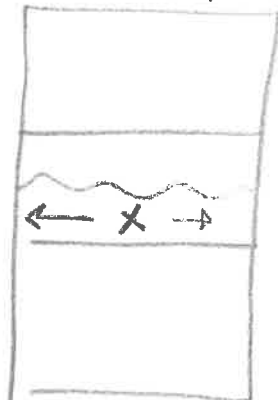
Defensive Movement- "No ball footwork warm up"

Object: As a warm up, players will go to their specific positional courts. At each court, they will work on basic defensive movements that you would typically do in actual game situations. Hitters will work on transitioning off the net, blocking, and digging. Defensive specialists will work on running down balls, pushing forward for balls, diving for hard driven swings, etc... each person will rotate their spot on their specific court after 10 reps of movements.

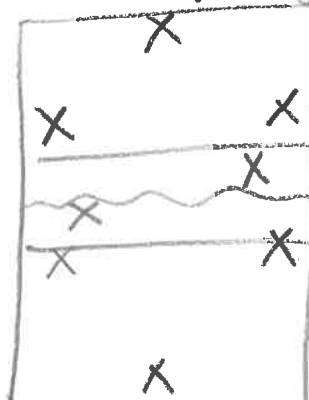
Setters transition



middles blocking footwork



DS/outsidess/right sides



Sports Psychology

Mental Game- Sport & Performance

“High Functioning Team”

This is a term that we use to describe the type of play that we expect our athletes in the program to strive for. A high functioning team can be created when all athletes are playing to their peak performance.

“Control the Controllables”

Only focus on the things that you can control as an athlete. Things you CANNOT control... refs, playing time, other team, coaches, parents, gym environment, etc. Things you CAN control... Your APE.

“Own Your APE”

Attitude, Preparation, Effort. You can control your Attitude during, before and after the game, your mental and physical Preparation before the game, and your Effort throughout the game.

“Flush It”

This catch phrase refers to how we have our athletes deal with mistakes during the game. “Flush It” down the toilet and move on to the next play. Everyone makes mistakes in games and lingering on a mistake does not contribute to a “High Functioning Team”.

“Internal Traffic Light”

Red, Green, Yellow. When you are playing “Green” you are playing at your best. “Yellow” is when you are coasting through play. Playing “Red” is when you are not playing to your potential and may be dealing with frustration. The goal is to stay “Green” and work on ways to get back to “Green”.

“I AM...”

Power Phrases we want our athletes to use before, and during the game to boost their energy level and empower themselves to play at their highest potential and peak performance. Examples are based on the individual athlete. Examples may include: I am.... Strong, Confident, Fast, Scrupy, Important.

“Crush Your ANTS”

Automatic, Negative, Thoughts. During games and practice all athletes have “Automatic Negative Thoughts” that creep into their head. These thoughts could pertain to their play, other people/athletes, a certain mistake, lineup change, etc. We call these “ANTS” that are in your head. If you do not crush or squash the ants in your head they will take over your thoughts. The goal is to get rid of the uncontrollable thoughts that pop into our head.. Maybe use an I AM statement or P3 Thinking..

“P3 Thinking”

Positive, Powerful, Possibilities. This helps athletes crush their ANTS and stay in their GREEN light. Athletes come up with positive statements about themselves, powerful I AM statements and focus on the possibilities ahead of them.

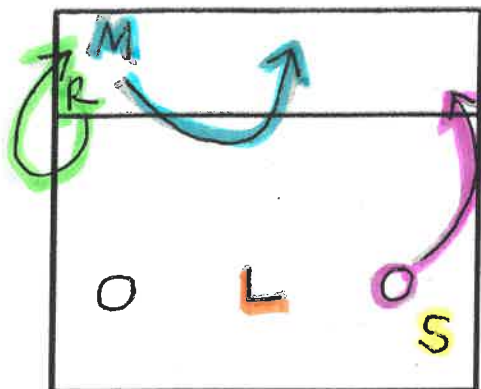
“Personal Highlight Reel”

Have athletes brainstorm and select 3-4 of your best personal highlights from playing in which they felt great, played well, and had a positive outcome. Include one of the best moments they have ever experienced in a sport as the last image. Have athletes close their eyes and play these images in their head before a game to mentally prepare. The more athletes can imagine this reel, the more positive impact it will have on their performance.

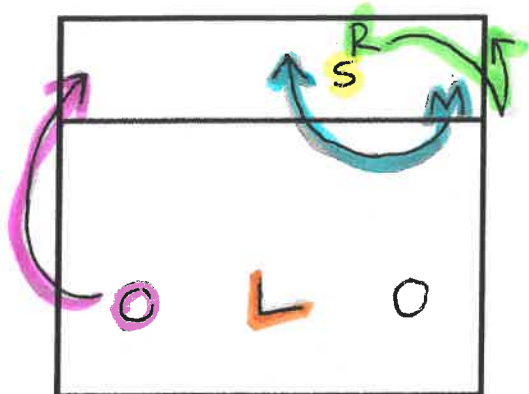
PL Volleyball Rotations

Offensive Positions- Serve Receive (6-2)

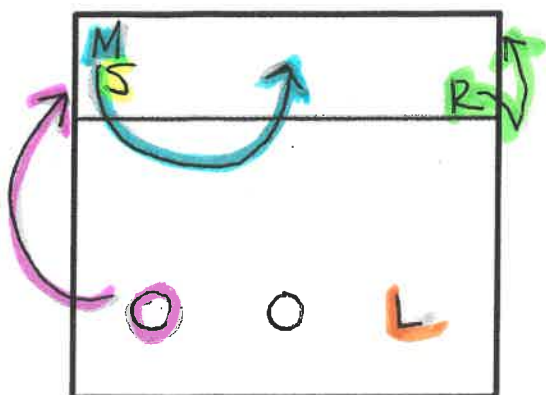
Rotation 1 & 4



Rotation 6 & 3

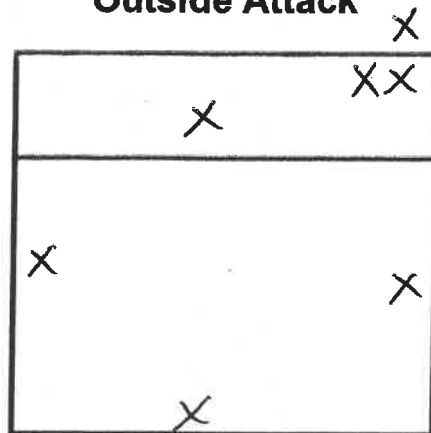


Rotation 5 & 2

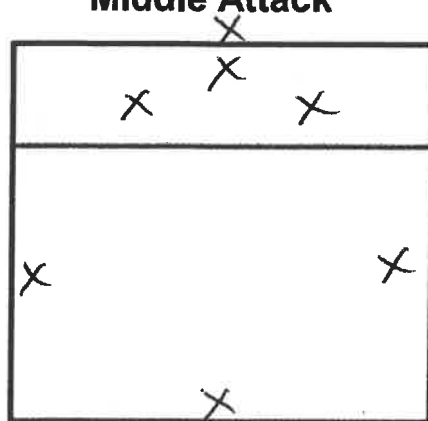


Defensive Positions-Digging

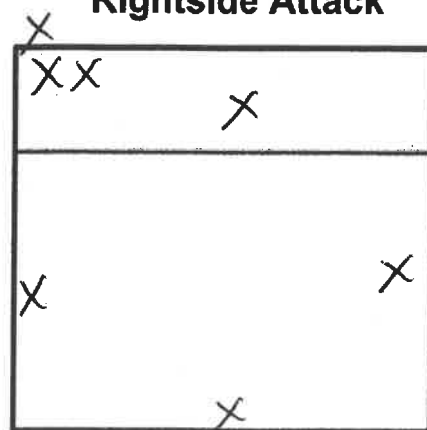
Outside Attack



Middle Attack

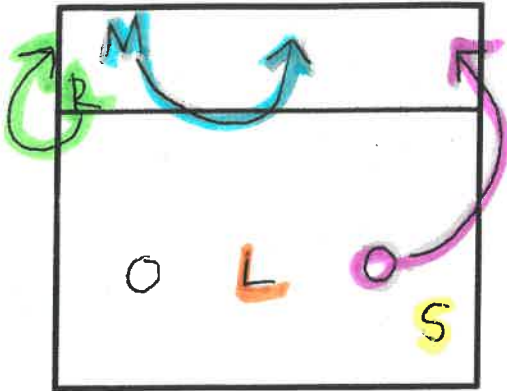


Rightside Attack



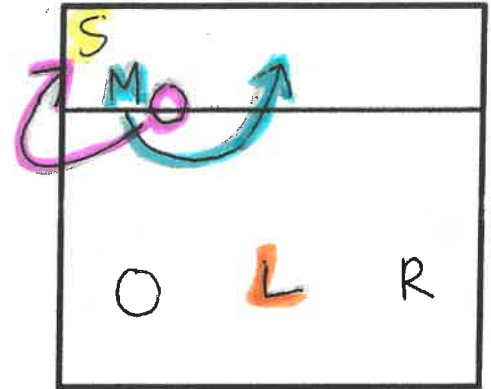
Offensive Positions- Serve Receive (5-1)

Rotation 1

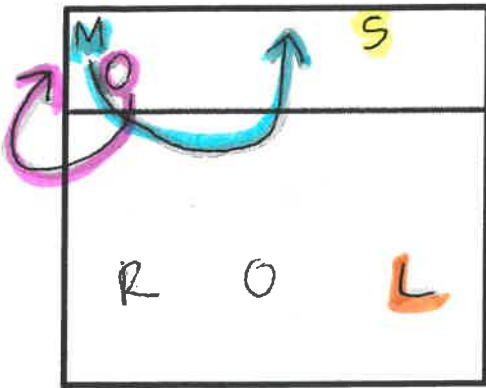


Offensive Positions- Serve Receive (5-1)

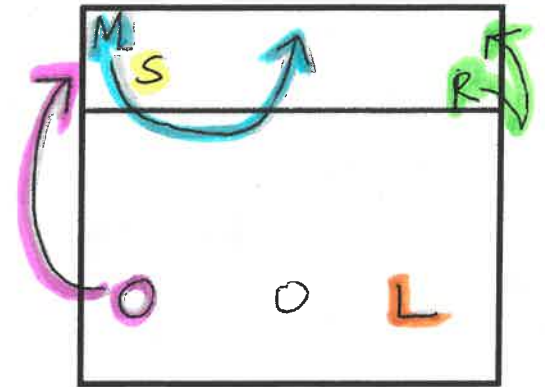
Rotation 4



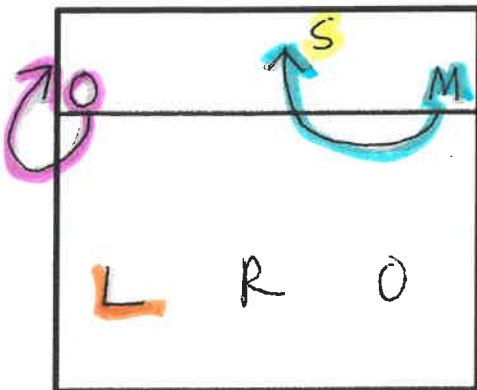
Rotation 2



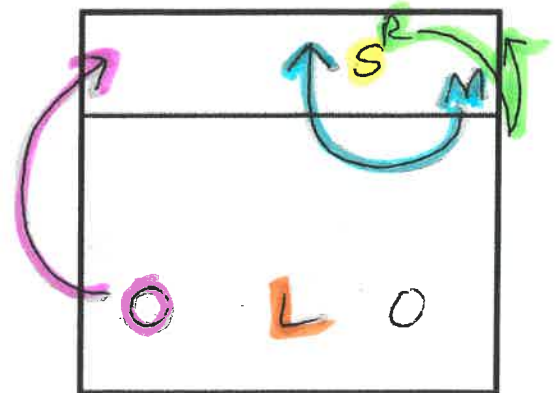
Rotation 5



Rotation 3



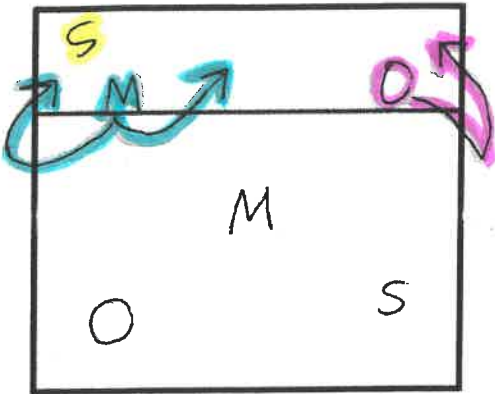
Rotation 6



Offensive Positions- Serve Receive (4-2)

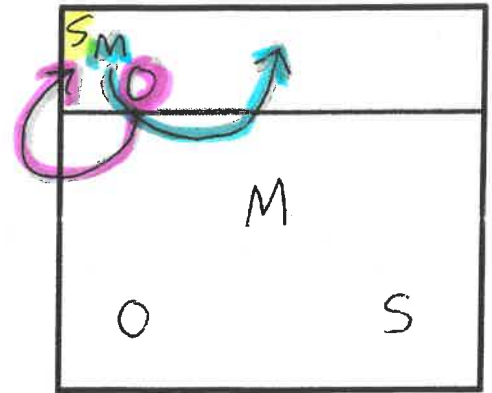
Offensive Positions- Serve Receive (4-2)

Rotation 1 $\frac{1}{4}$

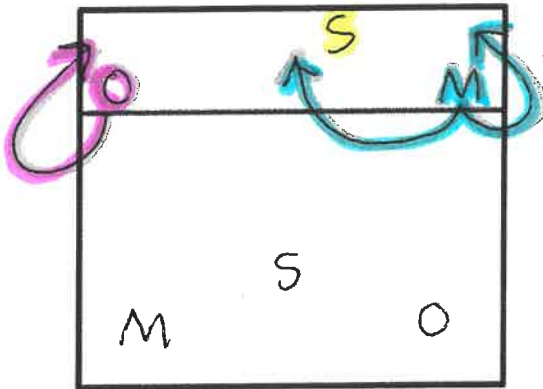


— OR —

Rotation 4 $\frac{1}{1}$

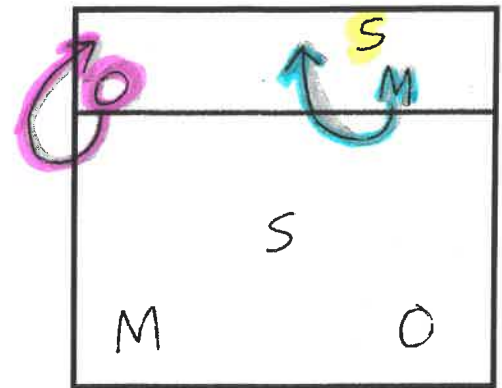


Rotation 6 $\frac{1}{3}$

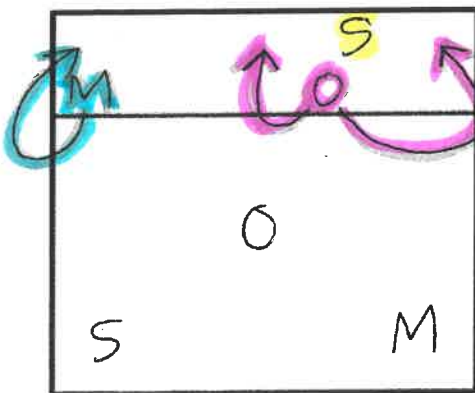


— OR —

Rotation 3 $\frac{1}{6}$

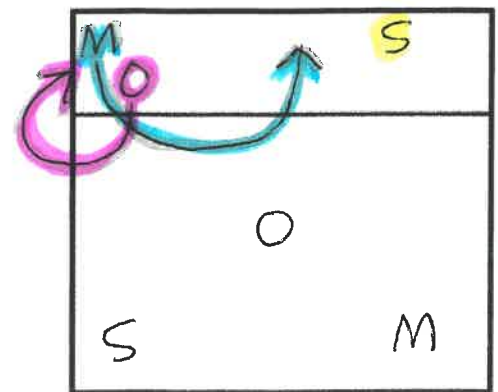


Rotation 5 $\frac{1}{2}$



— OR —

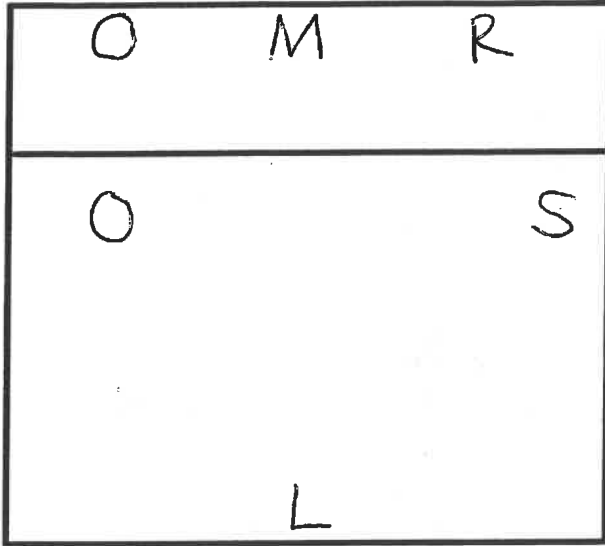
Rotation 2 $\frac{1}{5}$



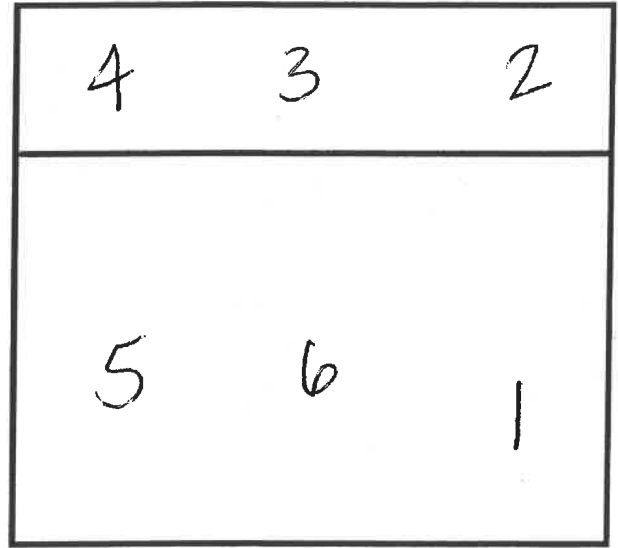
L for M
R for S
(In backrow)

- M= Middle Hitter
- O= Outside Hitter
- R= Rightside Hitter
- L= Libero
- S= Setter

Base Defense



Serving Zones/Spots on Court





PL Example Workouts- 2016/17

| Week | Date | Workout |
|-------|--|----------------------|
| 1-5 | December 1- January 12 - Dec. 1, 6. 8. 13. 20. - Jan. 3. 5. 10. 12. | 1 & 2 (Alternate) |
| 6-10 | January 17- February 16 - Jan. 17. 19. 24. 26. 31. - Feb. 2. 7. 9. 14. 16. | 3 & 4 (Alternate) |
| 11-15 | February 21- March 30 - Feb. 21. 23. 28. - Mar. 2. 7. 9. 21. 23. 28. 30. | 5 & 6 (Alternate) |
| 16-19 | April 4- April 27 - Apr. 4. 6. 11. 13. 18. 20. 25. 27. | 7 & 8 (Alternate) |

Schedule

Tuesday- Conditioning/Circuit

Thursday- Conditioning/Circuit

30 Minute Workout Sessions

Complete each workout four to five times- alternating workouts each week.



PL Example Workouts- 2016/17

Workout 1

(Conditioning/Circuit)

| | | |
|-----------------|--|--|
| Warm Up | 5 minute cardio | Run circle two times. |
| Balance | Leg Swings (Forward/Backward & Sideways) Eyes Open/Closed Knee Hug Cross-Body Coordination | 1 x 10 reps |
| Ladder | <i>*denotes sprint 5yds out</i> One Foot 2 Foot-Forwards 2 Foot-Sideways 2 Foot Scissors 1 Foot each- Alternate 1 Foot Zig Zag Hip Swivel | x1e* <i>switch starting foot</i> x1e* x1e* <i>switch direction facing</i> x1e* <i>switch direction facing</i> x1e* x1e x1e |
| Upper Body/Core | Supermans V-Ups Tricep Dips Plank-Forward Plank-Sideways | x20 x10 x20 30 secs x 2 30 secs x 1e |

Workout 2

(Conditioning/Circuit)

| | | |
|----------------|--|---|
| Warm Up | 5 minute cardio | Run circle three times. |
| Sprints | 5 yards 10 yards 15 yards | x2 x3 x4 |
| Lower Body/Box | <i>Complete Circuit Twice</i> Walking Lunge- Forward Squat Rockers <i>Rest 30 seconds</i> Groin Walk Bear Walk Outs Split Lunge Jump <i>Rest 30 seconds</i> Lunge Squat Skaters Walking Lunge- Backward | x10e x10 x20e x20e x10e x10e x10e x10e x10e |
| Cool Down/Abs | Striders Sit Backs- Partner Hold | x5 30 secs x 3 directions (twist) |



PL Example Workouts- 2016/17

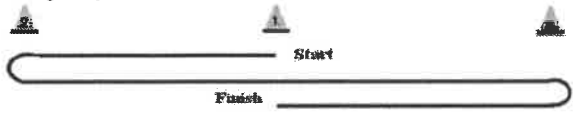
Workout 3

(Conditioning/Circuit)

| | | |
|-------------|--|---|
| Warm Up | 5 minute cardio | Run circle three times. |
| Balance | Ham Touches | x10e (times 10 each way) |
| Line Drills | 10 yard length 2 Feet- Forward 2 Feet- Backwards Scissors 1 Foot Forward 1 Foot Backward | x2 x2 x1e x1 (switch half way) x1 (switch half way) |
| Abs/Core | Swimmers (Alternating leg/arm movements) Russian Twist Sit-Ups Mountain Climbers Lizard Hops | 2x10e 2x40 2x20 2x20e 2x10 |

Workout 4

(Conditioning/Circuit)

| | | |
|--------------------|--|---|
| Warm Up | 5 minute cardio | Run circle three times. |
| Upper Body Circuit | (With Volleyball) Overhead Throw Chest Throw Reverse Throw Ball Push-Up (one hand on ball, other on ground) | x10 x10 x10 x5e |
| Lower Body/Box | Complete Circuit Twice Squat Squat Jumps Rest 10 seconds Squat Hold Broad Jump Rest 10 seconds Alternating Leg Step Ups (on a box) Box Jumps Rest 10 seconds Squat Tuck Jumps | x10 x10 30 secs x10 x10e x10 x10 x10 |
| Cone Drill | ProAgility  <p>Need 3 cones. Start in the middle, at cone 1. Sprint to cone 2 and touch the ground, then sprint past cone 1 to cone 3 and touch the ground. Finish by sprinting back to cone 1.</p> | x2e (1 min rest between- 4 total.) |



PL Example Workouts- 2016/17

Workout 5

(Conditioning/Circuit)

| | | |
|-----------|---|--|
| Warm Up | 5 minute cardio | Run circle three times. |
| Core | Push- Ups (Wide Legs) Crab Walk Bear Crawl- Forward Leg Lift Alternating Heel Touches | x10 Half the court, down & back x 2 Half the court, down & back x 2 x10 x10e |
| Box Drops | <i>*box height between 2-3 feet high- start on top of box</i> <u>Drop Squat</u> - step off box and land in a squat (hold squat for 3 seconds). <u>Drop Squat Jump Height</u> - step off box and land in a squat (hold squat for 3 seconds), then jump straight up for height. <u>Drop Squat Jump Distance</u> - step off box and land in a squat (hold squat for 3 seconds), then jump forward for distance (similar to broad jump). | x5e (FOCUS ON LANDING- Both feet hit the ground at the same time, knee's NOT collapsing in or out. Balanced.) |
| Stairs | Every Step Skip a Step Sideways 2 Foot Jump- Every Step 2 Foot Jump- Skip a Step 1 Foot Jump- Every Step | x2 x4 x1e x2 x2 x1e |

Workout 6

(Conditioning/Circuit)

| | | |
|------------|---|---|
| Warm Up | 5 minute cardio | Run circle three times. |
| Sprints | Down & Back | x3 (30 sec rest in between) |
| Lower Body | <i>Complete Circuit Twice</i> Squat Side Lunges Squat Hold 45 degree Lunges Plie Squat Backward Lunges Squat Jump Calf Raise <i>Rest 1 min</i> | x10 x10e 30 secs x 1 x10e x10 x10e x10 x10 |
| Full Body | Fireman Carries (partner- down & back) | x2 each person |



PL Example Workouts- 2016/17

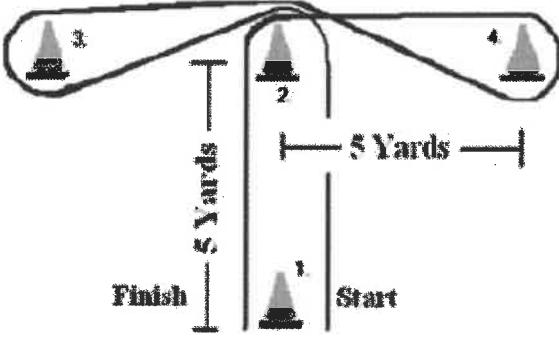
Workout 7

(Conditioning/Circuit)

| | | |
|-----------------|--|--|
| Warm Up | 5 minute cardio | Run circle three times. |
| Balance | 3 way RDL Elbow Bridges | x10e 30 sec x 3 ways |
| Upper Body | Bear Crawls: (<i>half court & back</i>) Forward Backward Sideways | x2 x2 x1e |
| Box Jumps/Cones | *box height between 2-3 feet high- start on ground 2 Feet Single Response- jump onto box & off, fast Power Step Ups- alternating feet Full Approach Transition w/ Full Approach Cones- M or W pattern | x10 x10e x5 x5 2 x each person (Race?) |

Workout 8

(Conditioning/Circuit)

| | | |
|------------|--|---|
| Warm Up | 5 minute cardio | Run circle three times. |
| Lower Body | <i>Complete Circuit Twice</i> Split Lunge Jump Burpee's Tuck Jumps <i>Rest 1 min</i> | x10e x10 x10 |
| 1 Cone | Lateral Jumps- focus on landing (slow) Lateral Jumps- Single Response (fast) Forward-Backward- focus on landing (slow) Forward-Backward- Single Response (fast) | x10e x10e x10e x10e |
| Sprints | T-Drill  | x2e (<i>alternate which direction you start with</i>) |



PL Example Workouts- 2016/17

Relay Race Options

Sprint

Bear Crawl

Crab Walk

Leapfrog

Karaoke

Skipping

Cherry Pickers/ High Skips

High Knees

Butt Kicks

Bunny Hop

Wheel Barrow

Right Leg Hop/ Left Leg Hop

Right Right/ Left Left

Running with Forward Arm Circles/Backward Arm Circles

Speed Walk

Shuffle