

2022 MAISL Volleyball Coaches Clinic

Goal: Encourage coaching education, athletic success and growing our love of volleyball.

Resources:

1. badgervolleyball.org
2. usavolleyball.org/usavlearn
3. Theartofcoachingvolleyball.com

More volleyball opportunities:

1. Club volleyball - first weekend in October. More info on Badger Region website
 - a. Tune-ups throughout the summer and in September
2. Rec department programs - Feb - March
3. Summer sand/grass leagues

Terminology: Court location, Player position, Rotation, Serving zones, Court movement rules

Technique - Purposeful movements!

Passing - Platform (thumbs down, create angles with shoulders), body angle, pass with feet and hips (not arms!), move with hands apart, eye pattern

Drill: Passing progression - Sitting, right knee, right leg two feet...Half butterfly with free ball, down ball, serve receive

Setting - Window/freeze, "Moose", footwork, target zones

Drill: Setting progression - sitting, right knee, right leg, two feet....Wall setting, self setting, add to half butterfly

Hitting - 3 step/4 step approach, slow to fast, shoulder separation, (4s, 2s, 9s)

Drill: Hitting and transition footwork, add to half butterfly,

Defense - Rotation vs. Perimeter

Blocking - Base position, reading other teams hitters/setters, soft block

Drill: Blocking footwork

Digging - Base position, release, legs to cushion, defensive progression - shuffle, play ball, emergency move

Drill: Run thrus, coach led diving, base release

Serving - Underhand vs. overhand? Float, jump float, zones

Drill: 10ft line to 10ft line, partner serve, Around the world, Cheerio

Team drill: 6 v 6 wash, Error Correct

Always have a goal and consequence

Fun Drills:

One Minute Drill - Set goals according to where your team is at. Get as many points as possible! Point example: 1 point, one contact, 2 points, two contacts, 3 points, three contacts

Point example: 1 point, two contacts, 2 points, three contacts, 3 points, three contacts with attack over net

Short Court & Sprint:

Ten foot lines and sidelines are out of bounds. Rally to seven. Serve with a set. Touch a ball and run to the end line. 4-6 people/side.

Boys play to bond, HAVE FUN!

SKILL PROGRESSION SUGGESTIONS

	5th Grade	6th Grade	7th Grade	8th Grade
Skills	<i>Serving and Passing</i>	<i>Over hand serve</i>	Overhand serve, jump float	Overhand serve, jump float
	2-3 hits per play, NO PING PONG!	three contacts every play	Single blocking	serve zones 1,6,5,2,3,4
	loud communication	transition footwork	know volleyball positions, roles	hit to kill
	learn rules	loud communication	loud communication	double blocking
	back over front/left over right		follow other side of the net	run multi-tiered offense
			Serve zones 1,6,5	Team lead communication/adjustments
			teach rotation rules	
Off.	Modified 4-2	Modified 4-2	Introduce 6-2, 5-1	5-1, 6-2
	pass middle, set from middle front	4s, 2s	multiple setters	designated setters
	everyone sets	pass right, set from right side	4s, 2s, 9s	backrow attacks
	attempt overhand serves, first try	begin teaching positions	roll shots & tips	roll shot, tips, downballs
			transition footwork off net	
Def.	know base positions, rotation	know base positions, rotation	Rotation & Perimeter	Rotation & Perimeter
	free ball passing, three across shift	free ball passing, three across shift	start emergency moves	emergency moves
	serve receive with 4-5 passers	serve receive with 4-5 passers	free ball pass with two	reading the block
	maintain defensive position	maintain defensive position	setter rotates up	setter rotates up on free ball
				free ball pass with two

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