Beginner Volleyball Drills

Note: For ALL drills, you can add bonus points if a player does something you are working on, like calling the ball, using straight and simple, pursuing a ball, etc.

PASSING/MOVEMENT

Serve vs. Serve Receive
- Servers serve to three passers. (Coach can toss in ball if there is a missed serve to keep drill going, but server should get serve in before everyone rotates.)
- Passers pass to target (setter), target catches ball at forehead if possible
- After each pass, players follow path of ball:
  - Passers become target/setter
  - Targets become servers
  - Servers wait in line to become passers
- Score: Individual or team
  - +1 for playable pass
  - +1 for serve over
  - Variation: +2 for perfect pass to target, +2 for ace
- Variations: Add set and/or hit

(Shuffle) Pass to Target
- Divide court into three narrow courts.
- Four players in each court:
  - On one side: passer (at 20' line) and target (3' from net)
  - Other side: tosser (behind 10' line) and shagger (at net)
- Start with shagger and tosser each holding a ball each. Tosser bowls ball to passer on the other side of the court (use assistants or parents as tossers if kids are having trouble). Passer passes to target using passing keys (wrist and hands together, straight and simple, face ball/angle to target, shuffle to midline)
- Target catches over forehead (as if going to set), gives ball to shagger on the other side. Shagger gives this ball to tosser after tosser bowls ball to passer. The shagger always shags errant balls. Keep both balls going to keep drill moving at quick pace.
- After 1-3 minutes, rotate everyone through positions. Go until everyone has passed.
- Variation: To teach shuffle movement, have passer start short or deep and have tosser toss to the opposite spot. For example, passer starts at 25' line and tosser tosses to 10' line. Or, toss left and right to teach lateral shuffle movement.

Play to Stay
- Setup: Same positions as “Pass to Target”
- Rules:
If passer passes ball to target, he/she gets to stay. All three passers rotate within the passing formation (x → x → x)

If server aces, all three passers come off to serve, three new passers go on
If receiver shanks the ball, she goes to be a server and server gets in receiving line.

- Score:
  - Only passers can score
  - +1 for a good pass

Continuous Exchange

- Divide the court into three long courts.
- Partners are playing against partners on other side of the net in their court/zone.
- Goal: Continuous, cooperative exchange.
- Partners switch positions after every time the ball goes over the net.
- Scoring: Teams are competing for high number of passes over net.
- Time: Switch teams after 3 minutes

Waves of 3 (variation of Monarch of the Court)

- 3 vs 6
- Rules:
  - Side with 3 always serves (use coach toss if serve is missed)
  - Play out, trying to use all three touches
  - At the end of the rally, teams wave through
  - Try to mix up teams each time (will automatically happen if you don’t have 9, 12, or 15)
  - Losers shall the ball!
- Scoring:
  - Individuals keep track of their own points.
  - Points are earned by each team of three that wins a rally, regardless of which side they are on. So, if the side with 6 players win the rally, six people will win their individual points.
  - Variation: Give bonus point for whatever you are working on (e.g., calling ball, setter touches second ball, three touches, etc.). For example, perhaps the “team” of 3 with the setter gets a bonus point if the setter gets the second ball.

Rapid Fire

- Have three passers on one side of the court with rest of players shagging balls and keeping the court safe from errant passes
- Coach quickly (rapid fire) tosses, serves, or hits ball over net, moving the ball all around the court
- Players must hustle and touch (or hopefully pass!) three (or whatever number you set) balls to target or the middle/middle of the court.
- Variation: Toss 10 balls to each group of three. Winners are team with most balls to target (or start with middle/middle of court as target). Bonus points for communication!
SERVING

Around the World

- This drill is all about teaching players to serve accurately. Here is how the drill works:
  - Players will divide up into two teams. Each team will be behind the opposite service line.
  - One player from each team will sit in zone 1 on the opposite side of the court.
  - As the drill starts, one player in each team will try to serve to their teammate that is sitting down. Or, have all players serving at the same time to keep things moving quickly.
  - When the ball is served, the player that is sitting down must catch the ball.
  - If the ball is not caught, the next player in the serving line will try to serve to the player sitting down.
  - Once the served ball is caught, the player who served the caught ball will then sit down in zone 2 and continue through all six zones.
  - The winner is the team that can get through all six zones first.

Dead Fish

- Divide players in two equal groups
- Both teams serve (concentrate!)
- When a player misses, he has to lie down on the opposite court and spread out his body.
- Player can return to the server side when one of his team mates can hit him with a serve
- After a certain time (e.g. 5 minutes) the team with most servers, wins
- Winning team chooses a punishment for losing team

Relay serves

- Team 1 vs. Team 2
- Serve one at a time from end line. Serve until serve goes in. Server has to shag her own ball and give it to the next person in line to serve. First team done wins.

SETTING

Setting Butterfly (see FHYAA Coaching Guidelines)

Set/Hit

- Set-up: One setting line on each side
- Coach tosses to setter. Setter sets to hitter. Hitter catches, gives ball to coach, and gets in setting line
- Variation: Add hit
**Whole Team Games**

**DOG HOUSE**
- Coach to bowl (or serve)
- Rules:
  - Win a rally, shag a ball, and get back in line
  - Lose a rally, go in the doghouse
  - You win a point every time you win a rally

**Monarch of the Court**


- Set a goal number of points. We'll say 10. The teams only earn points on the queen side.
- One side of court is named the "winner (Monarch) side" and the other is the "challenger side."
- Put one team on each side (make them race to earn the court).
  - Beginners should probably play with 4 on a team. Show them how to set up with a setter in middle front each time and three passers/hitters. More advanced teams can add permanent setters.
- The challenger side always serves the ball. (Beginners: coach tosses in over the net to queen side to keep drill moving for lots of touches. Have players RUN to other side by tossing in quickly...after one or two coach tosses fall on the floor they'll be moving fast!)
- If the challengers win the rally, they move to the queen side and start earning points.
- If the queens win, they get a point and the challengers step off the court; a new challenging team will take their place.
- The game continues until a team reaches the 10 points.
- Variations:
  - Bonus points for calling the ball, celebrating, setter touching the second ball, hit, etc.

**Survivor Monarch**

- Same as above, but put a condition on each earned point. For example, player must call the ball. If the team wins a rally but the player(s) didn't call the ball, you could say, "Sorry Susie, next time could you please call the ball for the point?" You will see almost instantaneous results!

**Mini Court Doubles or North Pole/South Pole**

- Use cones to make 2, 3, or 4 mini courts using the 10' line as end line. Designate the North Pole and South Pole (the two courts farthest from each other, on opposite sides). Server must serve from behind 10' line. Beginners can toss over instead of serve. Can end on certain score (like 2 or 3) or play by a set time (like 1 minute). Winners move up, losers move down. Losers always serve from the same side of the court (may have to switch sides) and also serve first.
Variations: one touch, two touch, or three touch to count for point. Or, must be a spike or tip... you choose the focus.

- Play 1 v 1 if you have lots of courts (for more advanced players who can pass and set to self)
- Have one player from each team move up each time so that they have lots of new partners (instead of just losers/winners moving)
- Extra players can stand off the court to come into the South Pole at the end of a round

Exchange

- 6v6 on full court, extras coming in from side line
- Every time ball goes over the net, the team that sent the ball over rotates (exchanges)
- Goal: Continual cooperative play. Keep the ball in play!
- can do forearm passes only, overhead only, and/or add other skill as needed
- Set goal for number of in-a-rows of ball going over net. Increase goal as proficiency increases.

6v6

- 3 players wave in from end line after 2 balls tossed to each side

Bingo, Bango, Bongo

- 6v6, 5v5 or 4v4
- Coach tosses first to side that wins rock-paper-scissors. Teams play each ball out, trying to win the rally.
- Coach tosses subsequent balls to team that wins the rally
- Scoring:
  - Team must win “Bingo,” “Bango,” “Bongo” (little points) in a row to win one BIG point.
  - If Side A is on “bingo” or “bingo, bango” but then loses the next rally, Side A loses it’s points and now Side B is starting on “bingo.”
  - 3 big points win the game. Big points can also spell a word, like “F” “H” “V” (for Ft. Hunt Volleyball) or a short team name.
  - Variation: Just spell “Bingo,” “Bango” if the game is going on too long. Make “Bongo” the big point.
  - Variation: Have team that won bingo/bango/bongo serve for the big point. If they lose the rally, the other team steals the big point.