

# Introduction to Volleyball Coaching

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# Goals

- To introduce one style of coaching philosophy
- To introduce the idea of “keys” to develop overall skills
- To emphasize practice planning and goal-oriented drills



# Develop Your Philosophy

What is important to you?

- What do you hope your players get out of this year?
- What do you want to get out of this year
- Do you want to focus on skill development or do you want to focus on match preparation? Time is limited. What percentage of each practice will be for each of the above?
- What skills are most important for you to be successful?
- Is it better to try for three hits or is it better to get the ball over?

Share your principles and stick to your principles

- Be predictable and consistent
- Be careful of sending mixed messages, e.g. go for three hits, but when the set is unhittable, don't get mad at the mistake.

# Philosophy

- Connect with your players
  - Teaching is futile if your audience is not receptive
- The game teaches the game
- Focus on keys
- Feedback Loop
- Differentiate
- Focus on what is correct
- Every practice, players should learn and be challenged
- Better each practice, best at the end of the season
- Fun!



# Practice Planning

Keys:

- Have goals for practice
- Have goals for each drill
- Goals can be different for different players
- Vary warm-up activities, drills, etc.
- Include fun competition with player chosen consequences
- Keep score
- Coaching is best one on one; design drills so that you can coach
- When feasible, have players toss
- My recommendation to start the season: 1/3 passing, 1/3 serving, 1/3 competition focusing on reading the game and moving

# Overall Drill Tips

- Have a SPECIFIC goal and focus for each drill
- Focus on keys and process over result
  - Score process instead of results in SOME drills
- Keep instruction simple
- Coaching is best one on one – pull girls aside while drill still moves
- Vary drills to keep them interested
- Incorporate movement into drills
- Keep drills going even when you stop to coach
- Use relay races and competitions to keep them motivated
- Vary what ends a drill (successful passes, time limit, total number of balls in a drill, competition, etc.)
- When possible, include the net in the drill

# Passing

## Keys:

- Thumbs and wrists together
- Stay balanced
- Beat the ball to the spot
- Platform to target
- Keep it simple, simplify motions

## Drill Tips:

- Focus on process, not results
- Have players hold their platform until the ball gets to the target
- Have a well-defined target (of where you want the ball to go, whether a person standing next to a cone, or a ball cart)



# Overhead Serving

## Keys

- Toss consistently
- Bow and arrow
- Whip through the ball
- Solid contact – heel of the hand through the center of the ball

## Drill Tips:

- Practice Tossing – no one likes too, but when the toss is consistent, serving gets better
- Serve from closer - hit overhead from the ten foot line, then fifteen, etc.



# Hitting

## Keys:

- Bow and arrow
- Three step, rhythm approach – “left <pause>, right , left” for right handed hitters
- Jump high, swing high
- Keep the ball between you and the net
- Whip through the ball

## Drill Tips

- Emphasize correct foot work
- Focus on what is correct in the motion



# Setting

## Keys

- Ball-shaped hands, triangle with thumb and fingers
- Bullwinkle to Superman
- Shoulders, hips, and body face target

## Drill Tips

- Include a change in direction — don't have the ball being set from the direction it is coming. Triangles (groups of three) can be used instead of partner setting



# Defense

## Keys:

- Down and ready position
- Move to the ball
- Read the play
- Focus on the player hitting the ball, not the ball



# Court Movement

## Keys:

- Always some place to move
- Play defense
- Make space to hit
- Cover the hit
- Read the play



# Practice Plans

## Practice Plan

December 1<sup>st</sup>

### Goals:

- Everyone interacting with everyone else
- Assess passing, hitting areas to improve
- Emphasize movement aspect: making space to hit, transitioning, covering
  - Assess Simone and Meagan's movement in the middle
- Introduce Perimeter Defense vs. Outside Hitter
  - Emphasize location of block

### 6:45 Warm-Up (Partners):

Stress importance of warming up seriously – form habits now

- Amanda-Meagan; Chandler-Alli; Mika-Haley; Lucy-Dani; Simone-Katie
- 20 straight up
- 50 passes
- 50 overheads
- Shoulders
- Dynamic
- Shuffle and hit
- Passing downballs

### 7:05 Defense/Transition Drill: **Set, then put balls in play**

- **Volleyball is a game of movement!**
- Pass tip, move outside, hit, switch lines
  - Both sides full speed
  - Chandler and Bret set
- Add LB: Dig, make space, hit back row or cover
  - Alternate balls coming in
- Add MB: Touch middle ball, move outside to block, transition
  - One side of the net – focus on Simone's footwork
  - MB: Meagan, Simone, Katie
  - MidBack: Allie, LB: Haley
  - OH: Mika, Lucy, Dani, Amanda
  - FR Setter: Chandler

### 7:30 Individual Stations **Gator D**

- Gator D/Individual Sprawl/Blocking Footwork or Digging
  - Bret: Gator D – three at a time, group 2, then group 3, then group 1
  - Bill: Sprawl/Block – group 3, then 1, then 2
  - Conditioning/Digging (if Rick is there) – group 1, then 2, then 3 (ladder or cone agility)
- Groups

## Practice Plan

February 27

### Goals:

- Middle Hitting
- Defense
- Serve Receive Line-Ups

### 6:45 Warm-Up

- Rochambeau
- 10 Straight Up
- Walk the line passing – three touches then back
- Walk the line OH passing – three touches then back
- Approaches and shag (two hits, one shadow)

### 7:00 Passing (Simone hit off wall with Kat; Chandler set with Kat)

- Shuffle forward (10x2)
- Shuffle backward (10 x2)
- Shuffle side to side (10 x2)

### 7:15 Serve

- Serve and Shag
- Serve vs. Serve Receive (Simone and Meagan block with Bill)
  - Team A Passing: Alli, Haley, Mika, Amanda (play to 10 points – wash is an option)
  - Team B Passing: Alli, Haley, Lucy, Dani

### 7:30 Hitting

- OH vs. MB/RS Blockers
- Last outside hitter in line passes free ball. Alli play defense on block seam.
- MH vs. Full defense (Bill block) – Lucy set
- RS vs. MB/OH Blockers – Alli play defense on seam

### 7:50 Intense D vs. Hitting line

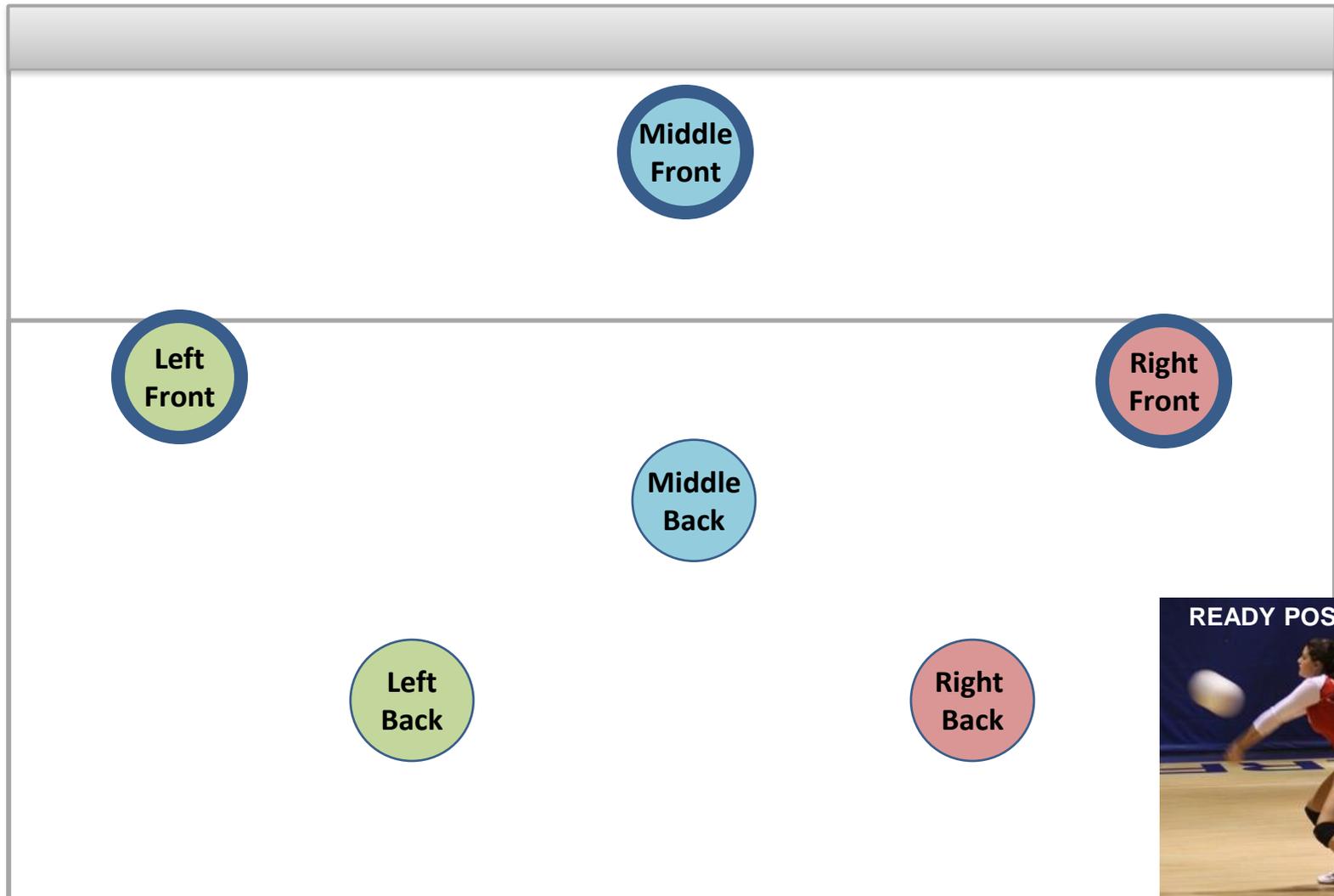
8:05 Two player pit (both sides) or Three D and rotate

8:15 Ping Pong – free balls to side that wins serve receive point

# My Favorite Drills

- Passing/Defense
  - Shuffle and pass with partner – forward, side to side, backward
  - Pass and Replace Competition (Figure 8 passing)
  - 3 Person Scramble – var. 3 person knee-pad touch
  - 2 Person Pit
  - M&M Passing
- Hitting
  - Down ball hitting and shag
- Serving
  - Serving Relay Race – var. serve from mid-court
  - Serve To A Teammate Around The World
  - Dead Fish (not really, but the girls love it)
- Game Oriented
  - Short Court
  - Free Ball 3-Ball – var. points for every contact on your side
  - Penalty Box Volleyball

# “W” Serve Receive Formation



# Feedback Loop

- Instead of repeating the same instruction, ask a question.
- For example, when working on hitting, the footwork I teach is left-right-left. If a player does an approach, rather than saying “good job” or “no, left-right-left”, ask the question “Did you do left-right-left?”
  - Tell the players they can give one of three answers: yes, no, I don’t know.
  - This teaches them to be self managing.
  - If a player knows what they should be doing and knows they are not doing it, they don’t need you to explain it again.

# In the end ...

- Patience and perseverance
- Your practice needs to fit your style – be consistent with expectations
- Players don't try to make mistakes. Be positive when you can
- Coach what is in the gym.
- Have fun – you and the players
- Compete with yourself – focus on that improvement you see