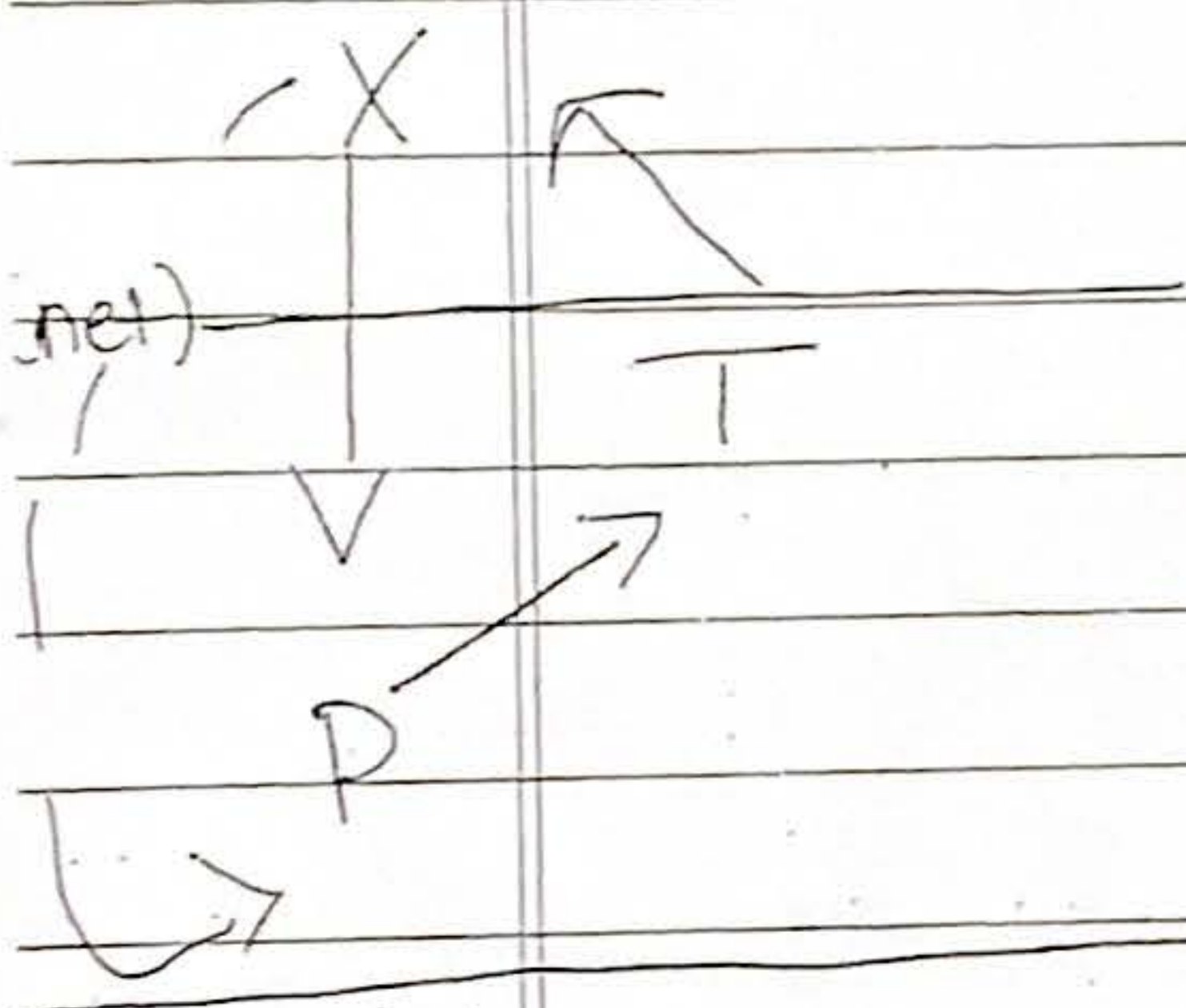


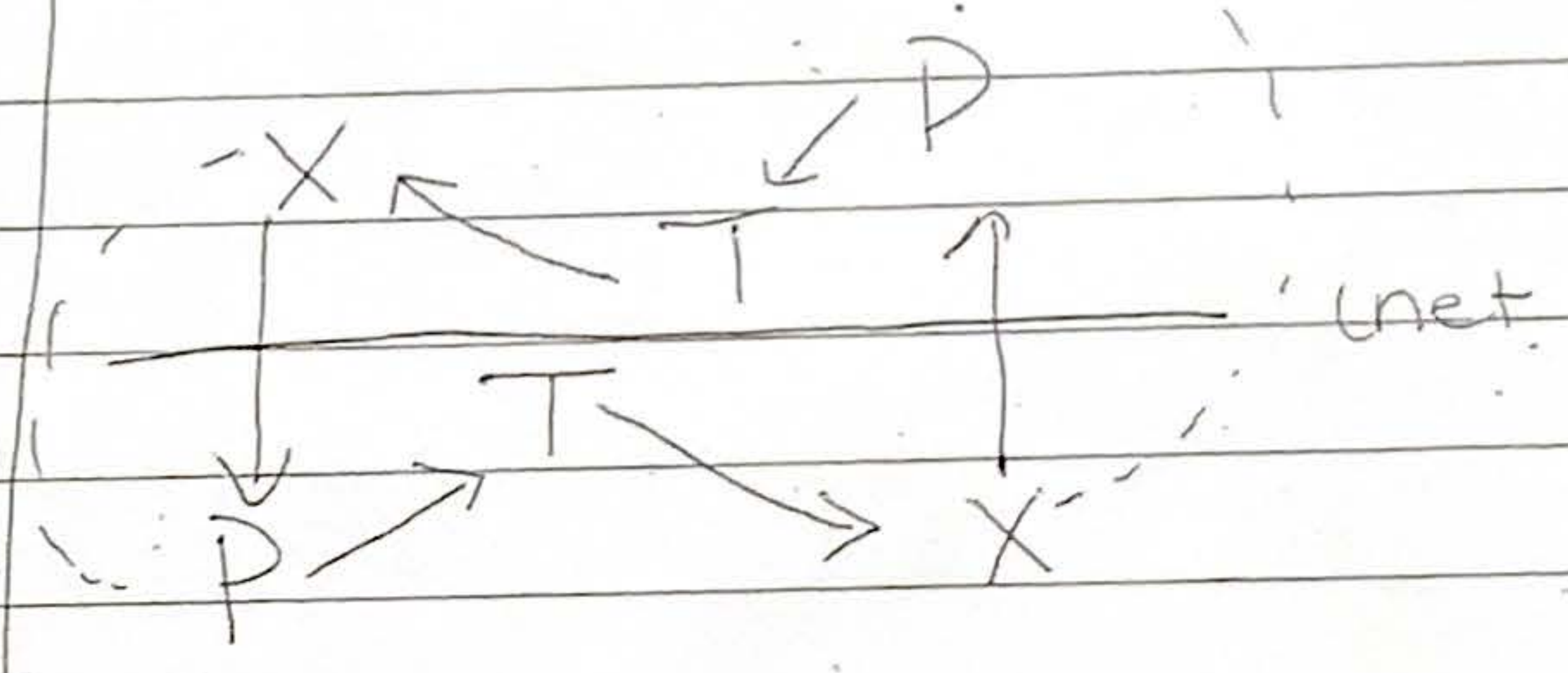
X - tosser/Player
 P - passer
 T - target
 C - coach
 S - shagger
 H - hitter

Butterfly

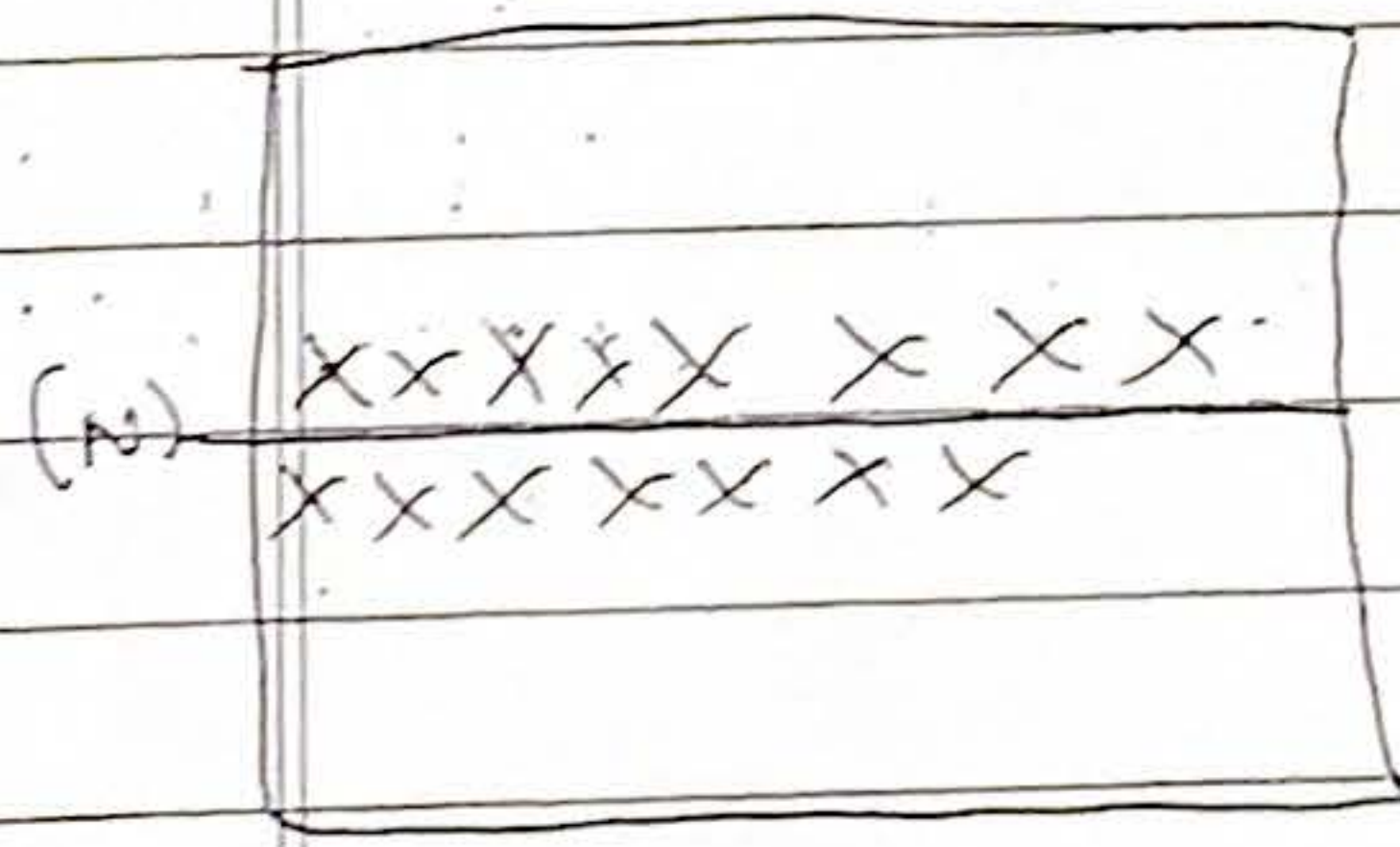
Single



DOUBLE

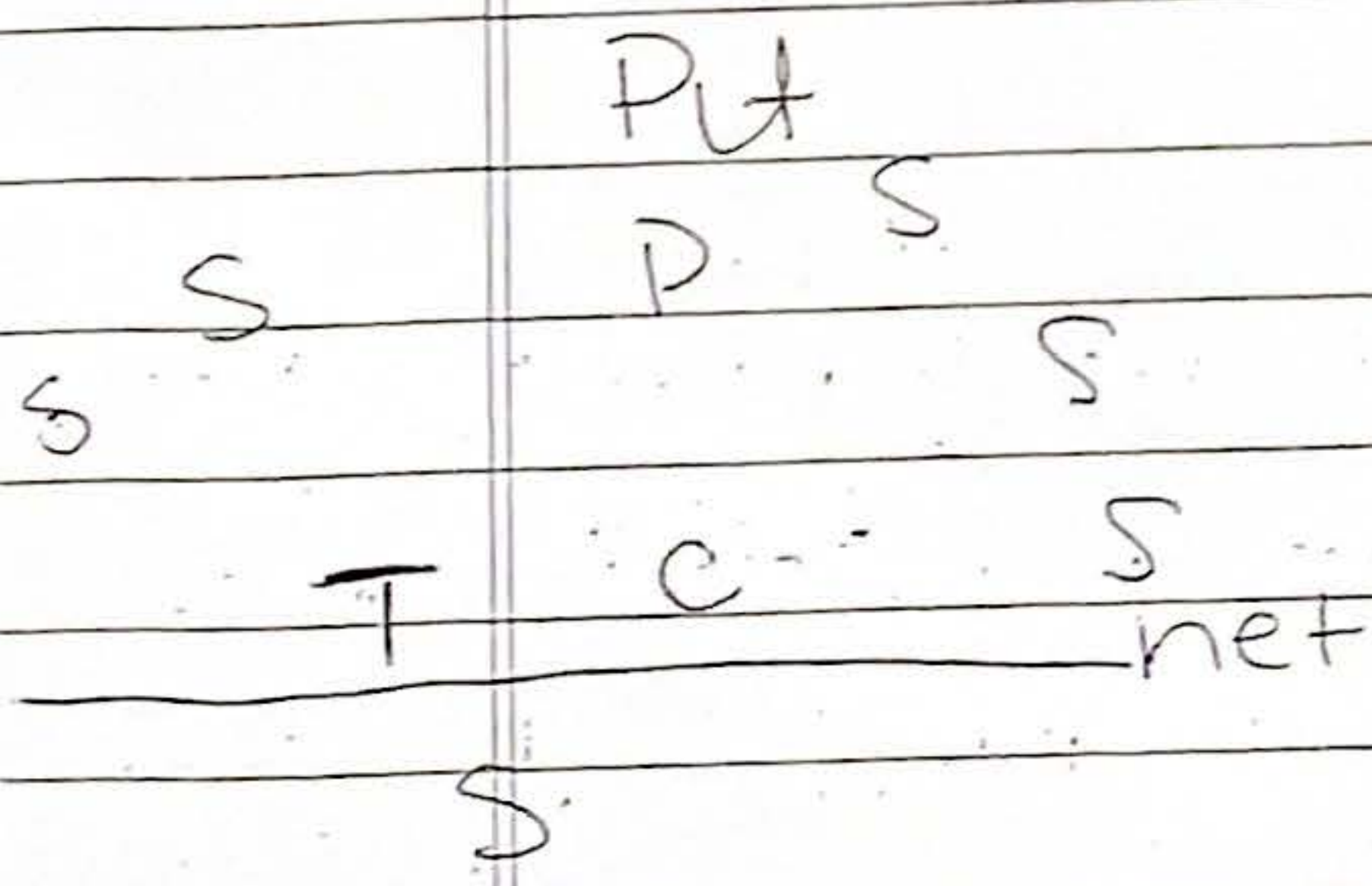


10 Ft. line drill



coach engages ball,
 1 contact per side (over net)
 after contact run to end line
 player "fail" is out, goes to
 1 on 1 last team standing
 wins

(if uneven # smaller team 1st error is a "Bye")



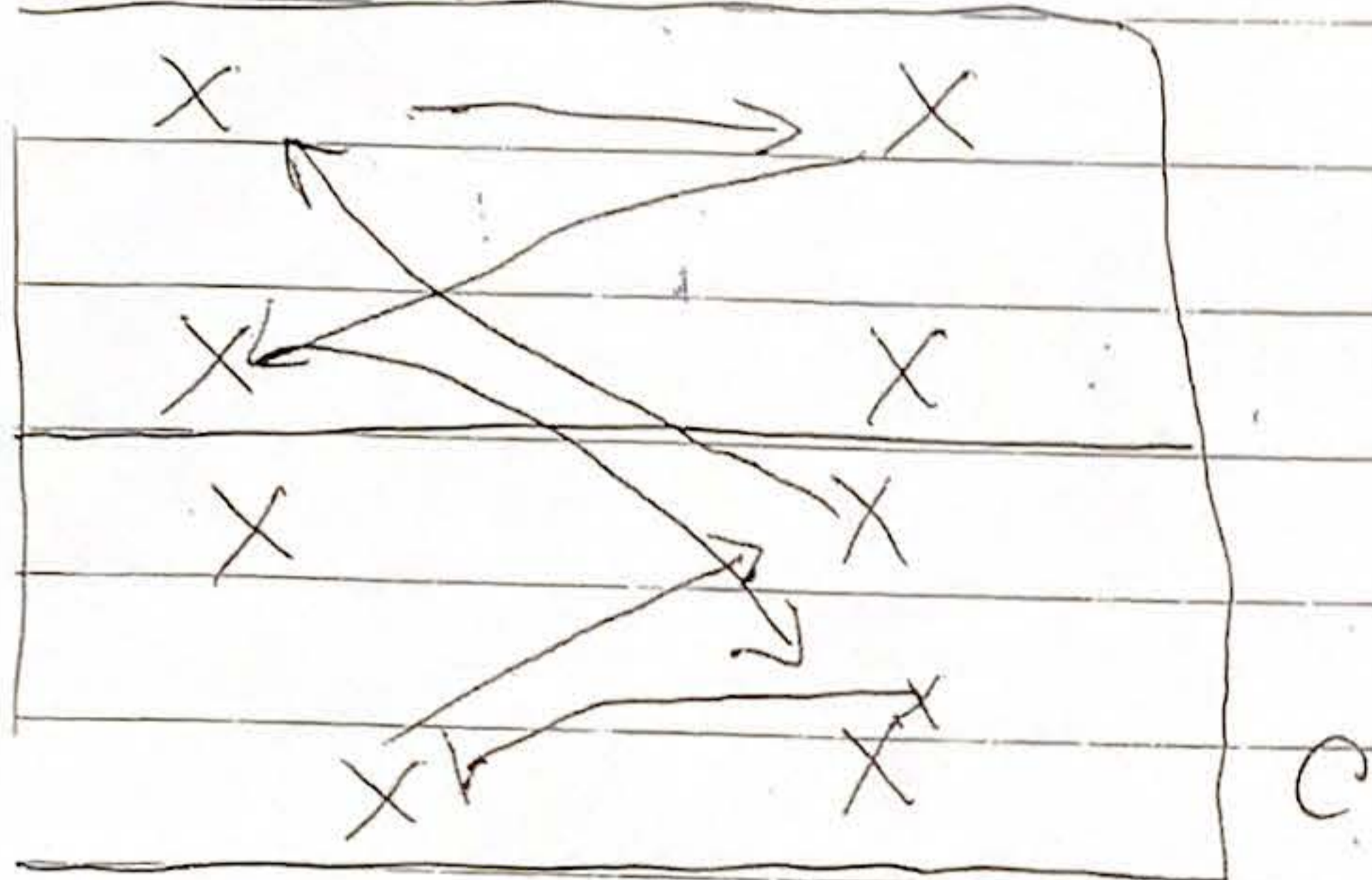
defensive, hustle, lots of touches

- hit, tip, chase ^{of} contact or by time

dbl put replicate on both sides of court.

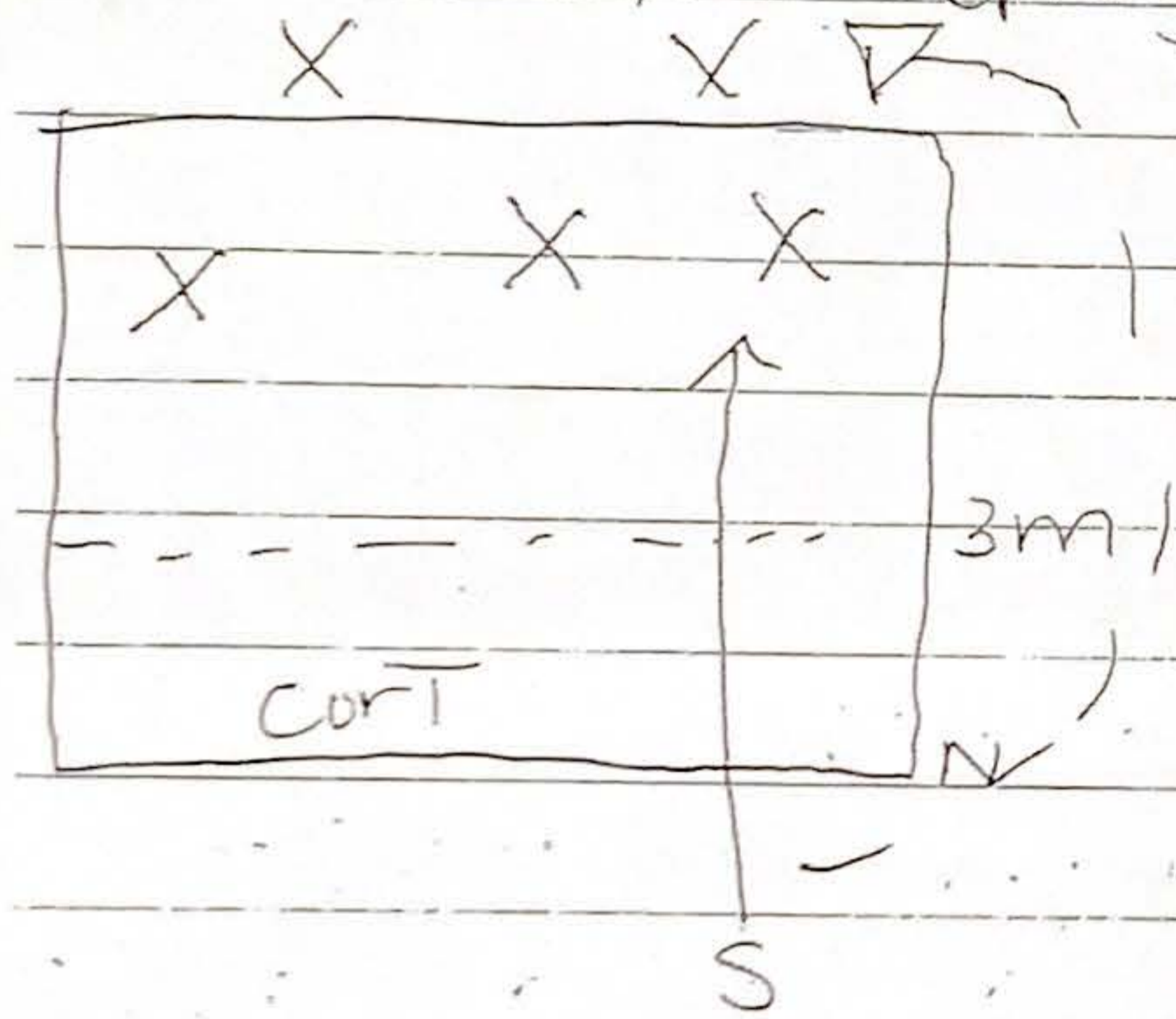
"bn

BOX Drill



advanced, be patient
 ball control, team, hustle
 coach throws ball backrow
 other BR player sets to
 opposite Front Row on their
 team. Front Row hits line or across
 court, return play

Serve Receive (progression worthy)



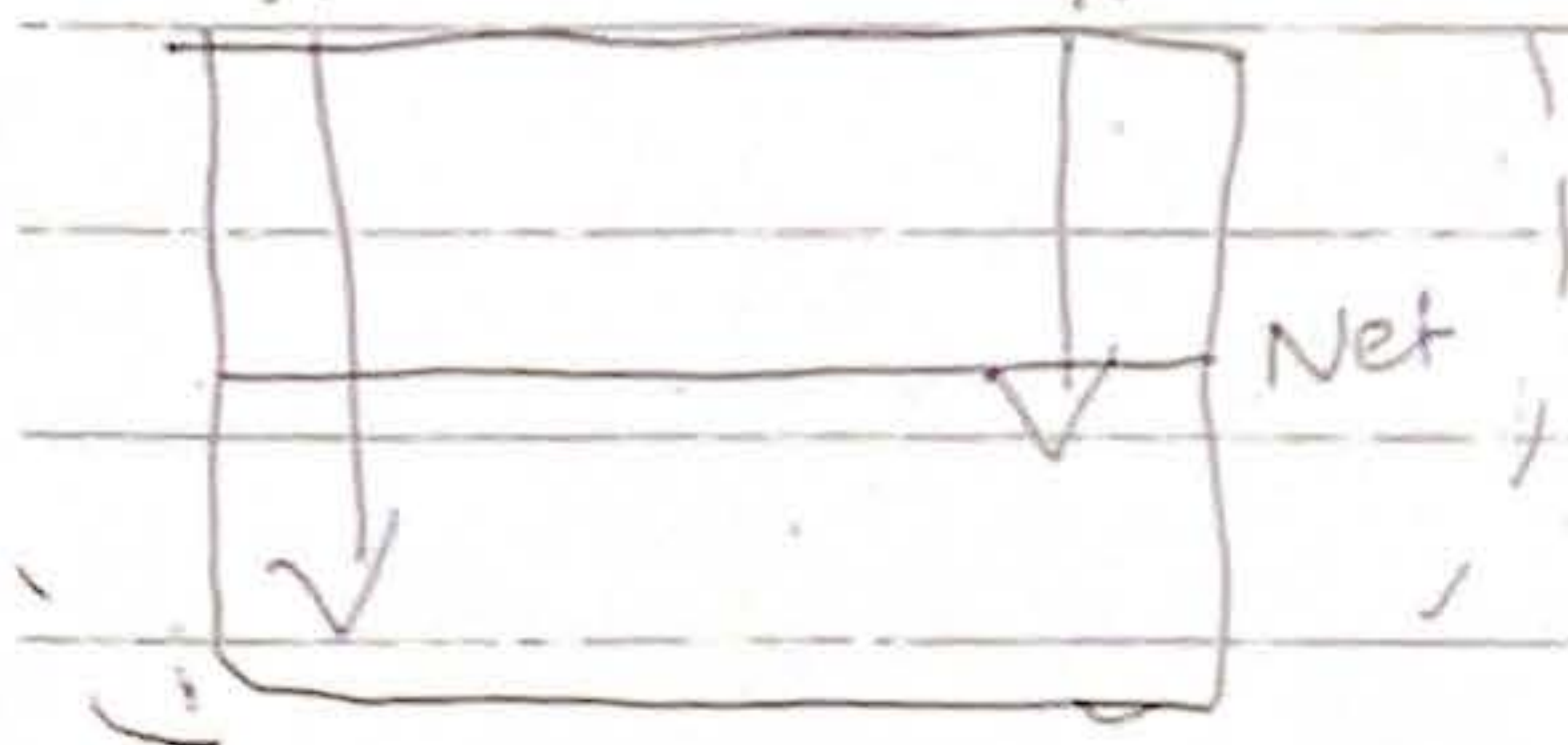
3 (or 4) serve receive

divide up to have 3/4 receivers
 & 2/3 "on deck" others serve side
 once serve - fill in on deck
 passer: receives (passes) to
 target or coach; ~~once~~
 if ACCEPTABLE pass, move to
 serve; player on deck fills
 hole.

Variation:
 add "setter"
 " hitter

coach set to pass to hit over
 get pt 4 each ace OR
 get pt 4 each good pass

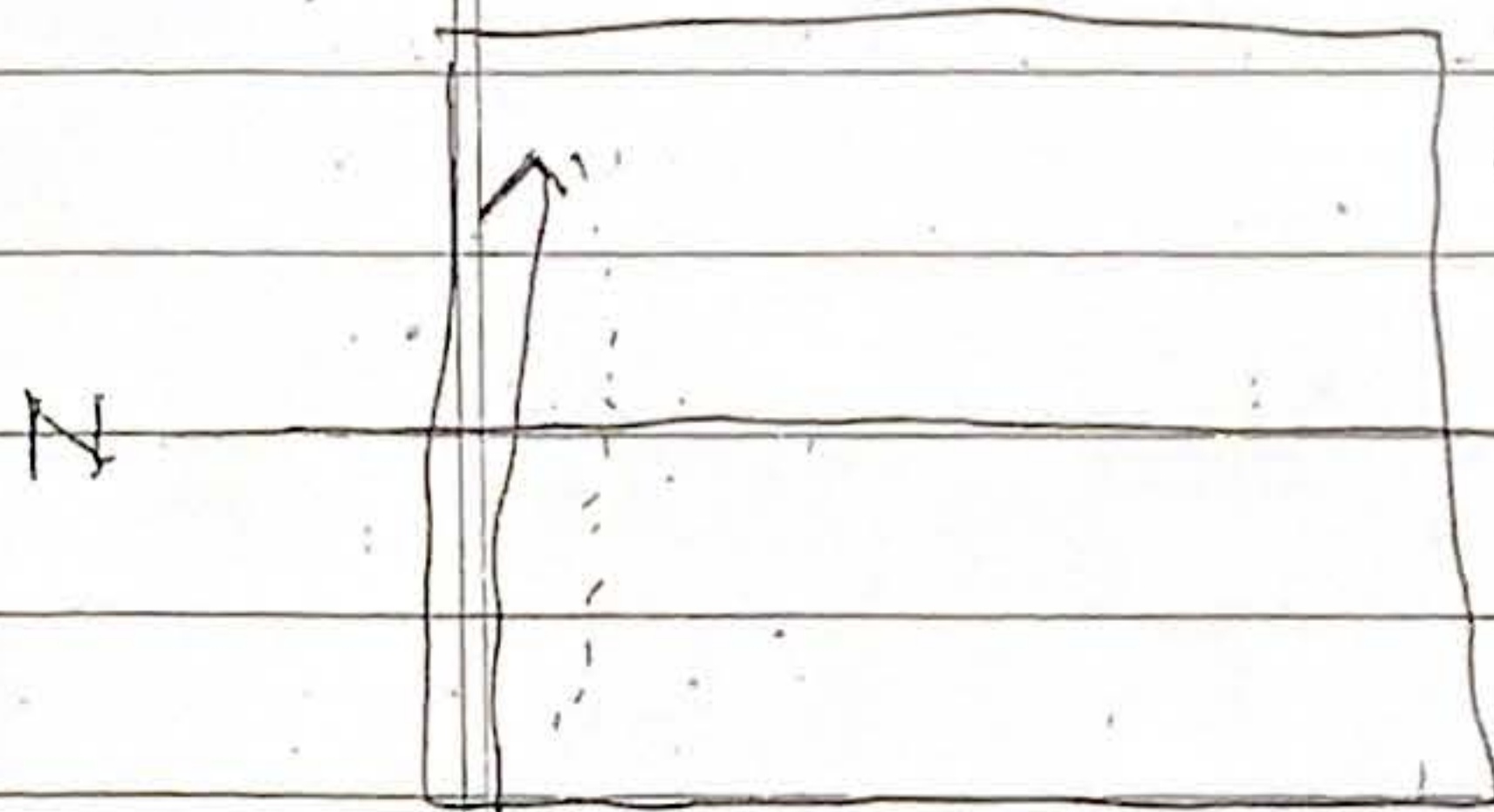
Serving Relay



- contest! ball control, hustle
 - start w/ 1st servers, must make over
 net, retrieve ball & hand to next
 in line - go thru line to X # of
 serves -
 • server gets 3 attempts to make ser
 after 3rd try, retrieve ball & next in
 line goes. Team X serves 1st, wins. (2)

Stinky Serve drill

ball control, hustle, team

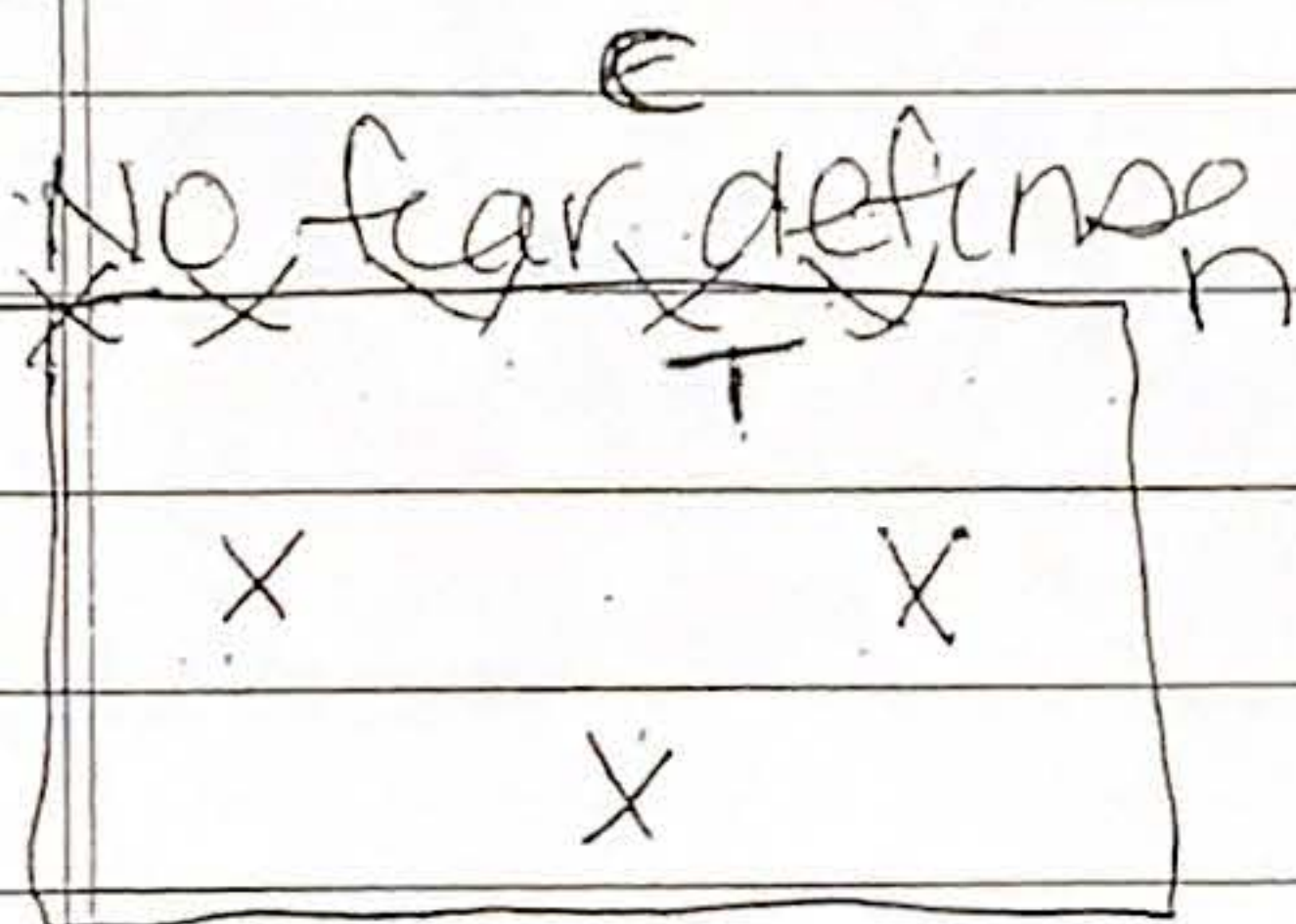


* if miss
→ 3x, return
so to next
in line

whole team starts on end line
1st. ques - must make & return passes to next in line.
while 1st server serves, team is "running" until their time in line to serve

x x x x x x x x

focus on running 2-gether in line, get serve in

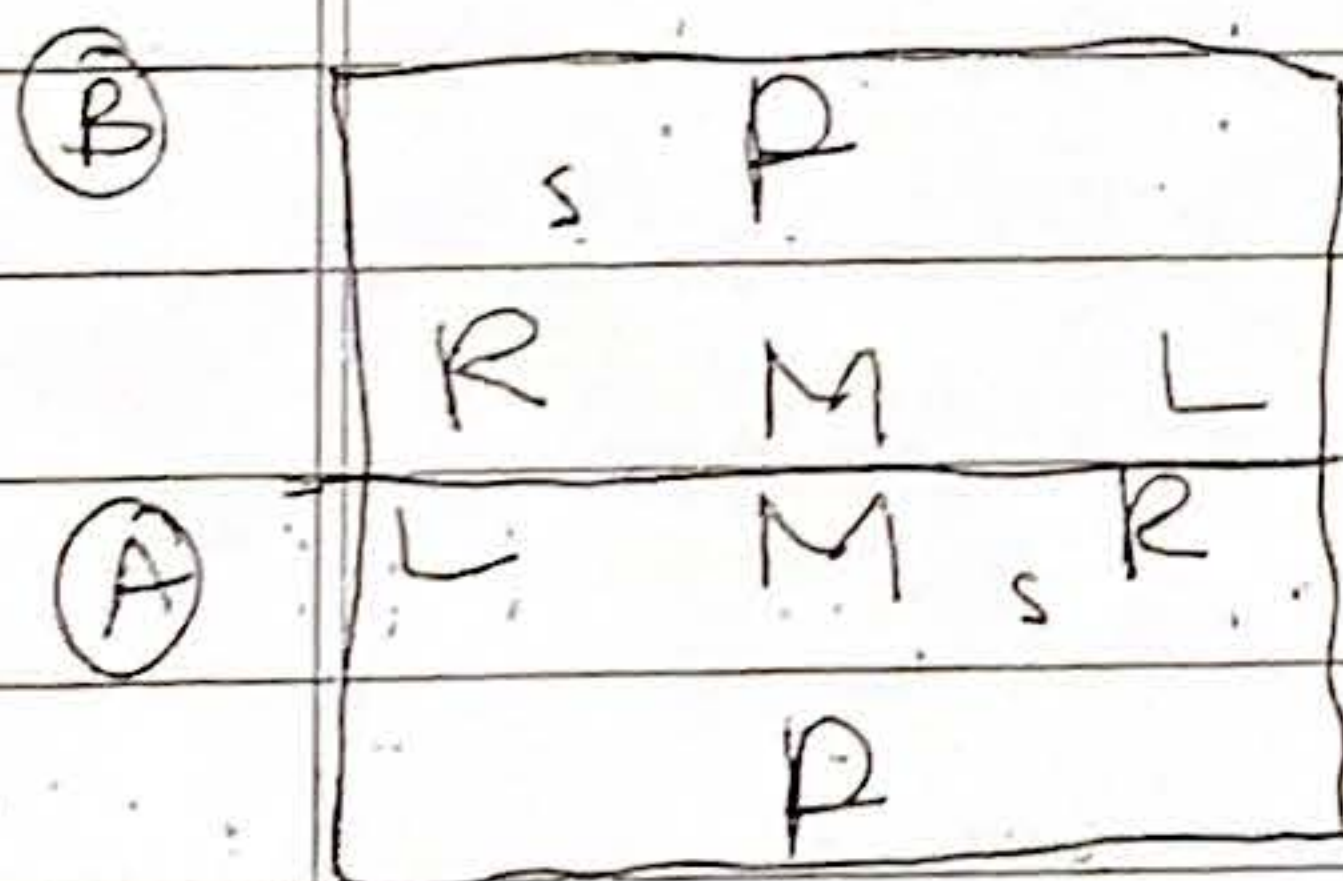


coach attacks ball, hits at players who pass to target

variation - put 4 player on 3 meter line; hit @ x balls; switch

Front row vs Front Row

2 teams

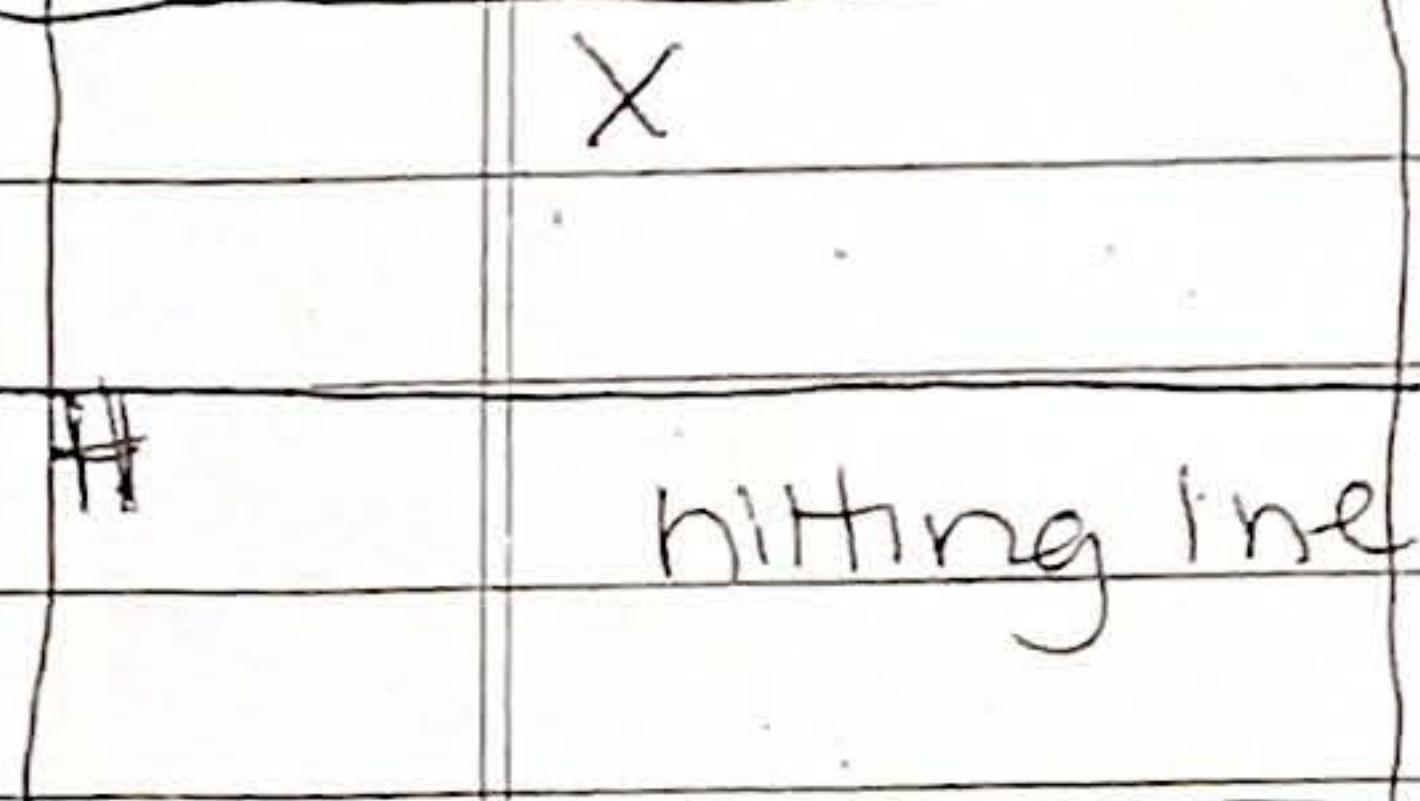


coach engages ball to passer who passes to setter, who sets to each hitter.

team A gets 3 ball chances to score - AFTER 3 balls coach toss to team B team w/ highest point after 3-5 innings wins

Block = 1 pt KH = 1 pt

Touch 5s

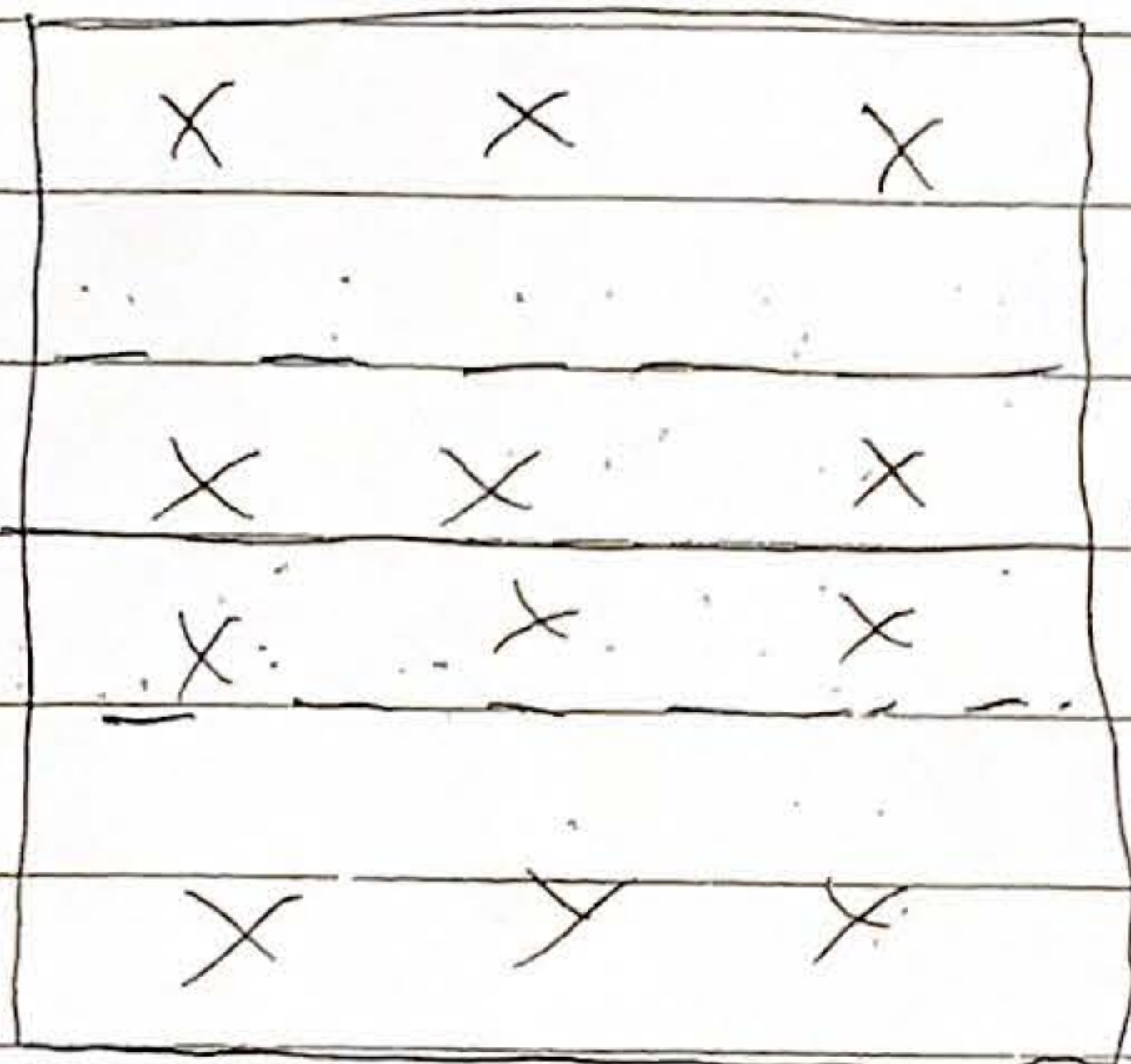


- hitting line vs 1 defensive player: passer must get 5 touches (preferably good pass)

- ball control, hustle

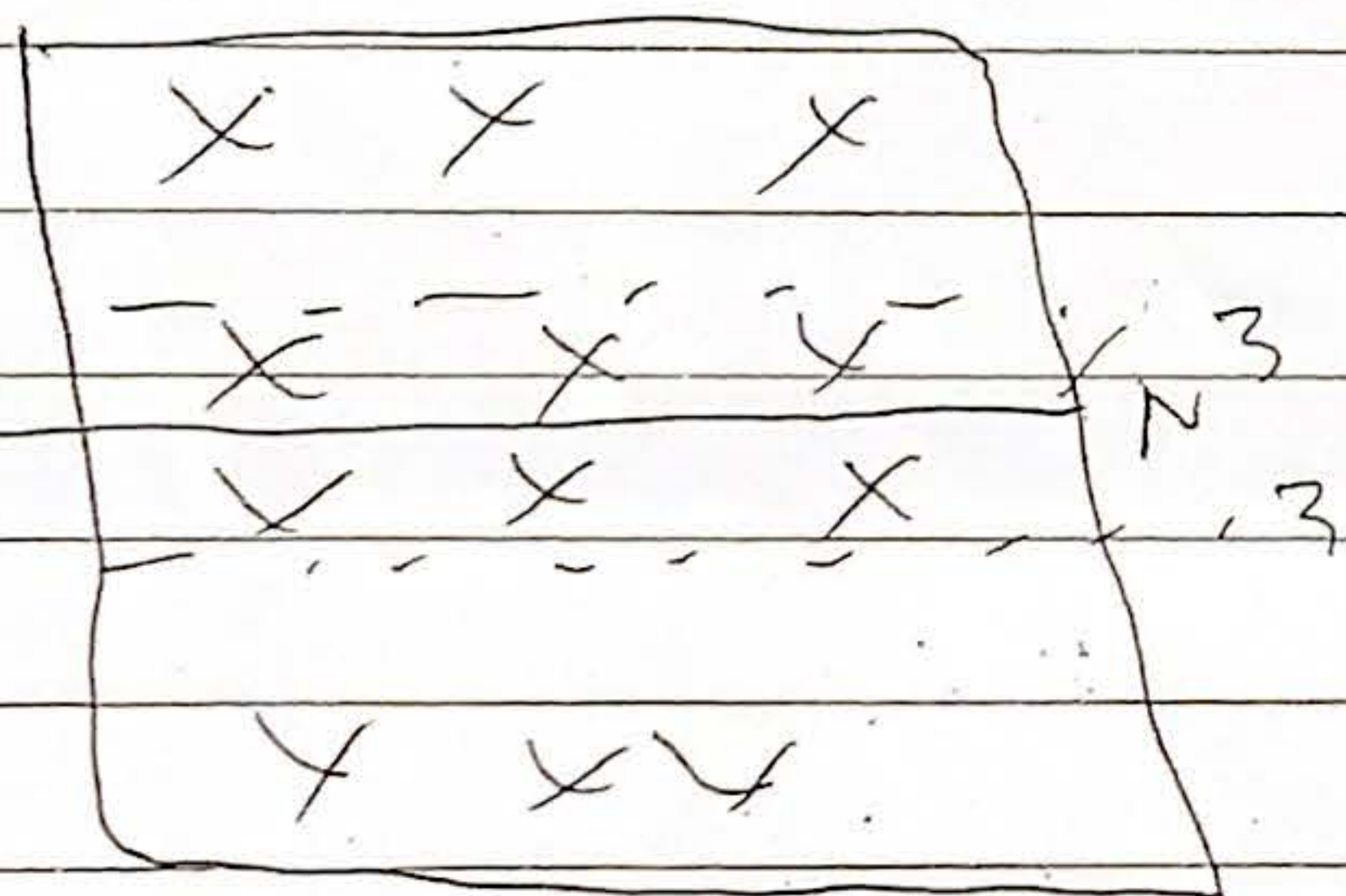
variation - serving line instead of hitting line
- add defensive player

hand to hand combat - hand/ball control



played like regular game
except 1st ball must be
taken w/ overhead pass (set)
in order to attack! if
forearm pass, 3rd hit must
be flat footed, tip or roll shot
run 4/6, 5-1, 4-2-

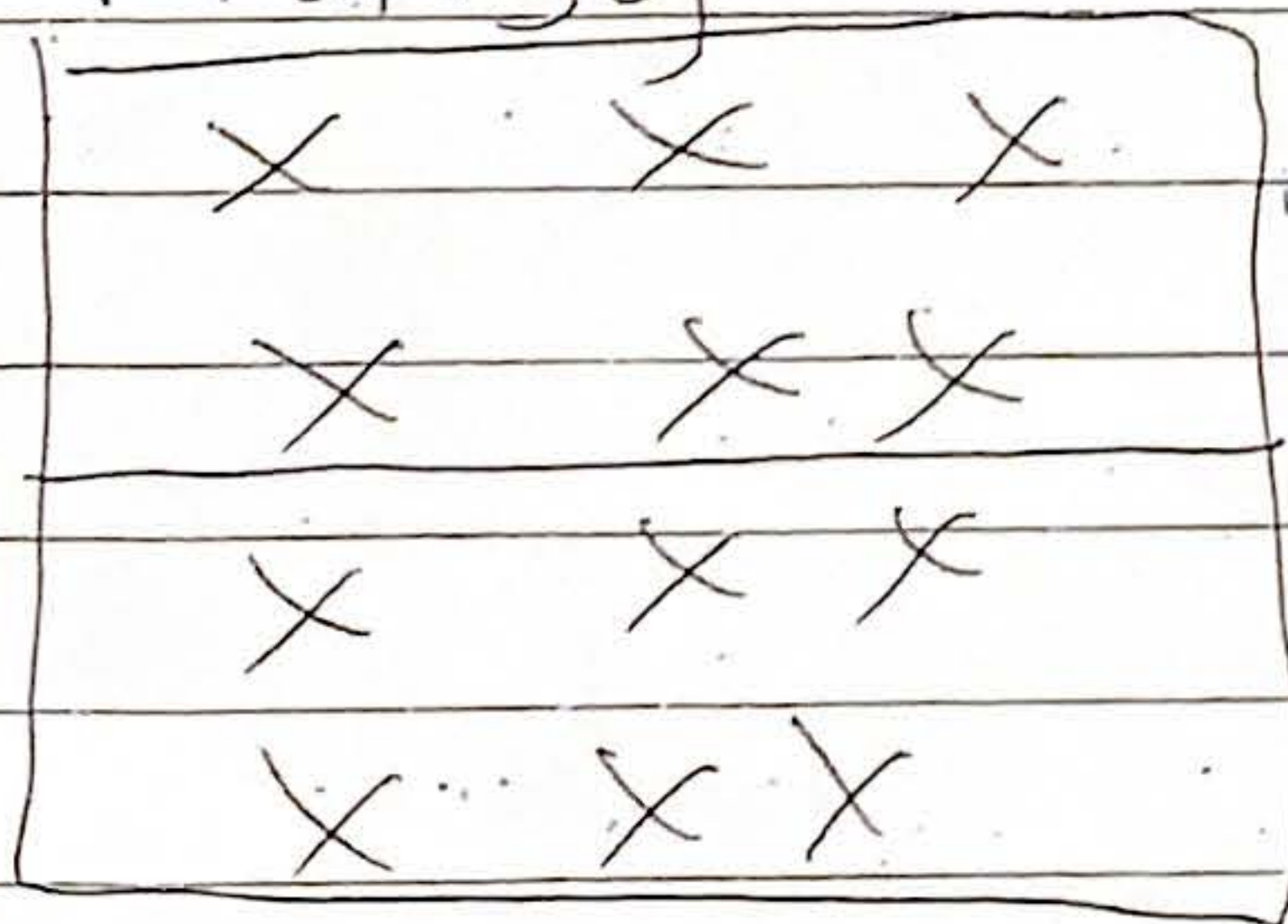
Bloody Knuckles



played like game but:
contact w/ hands below
net - if attacks falls
~~out~~ bounds after 3 bumps
out.
touches (like upside down set)

older kids: can block must be
w/ body, not foot NO Feet.

Frenzy



play regular game BUT
catch ball - use 3 contacts
once ball goes over net,
rotate like service

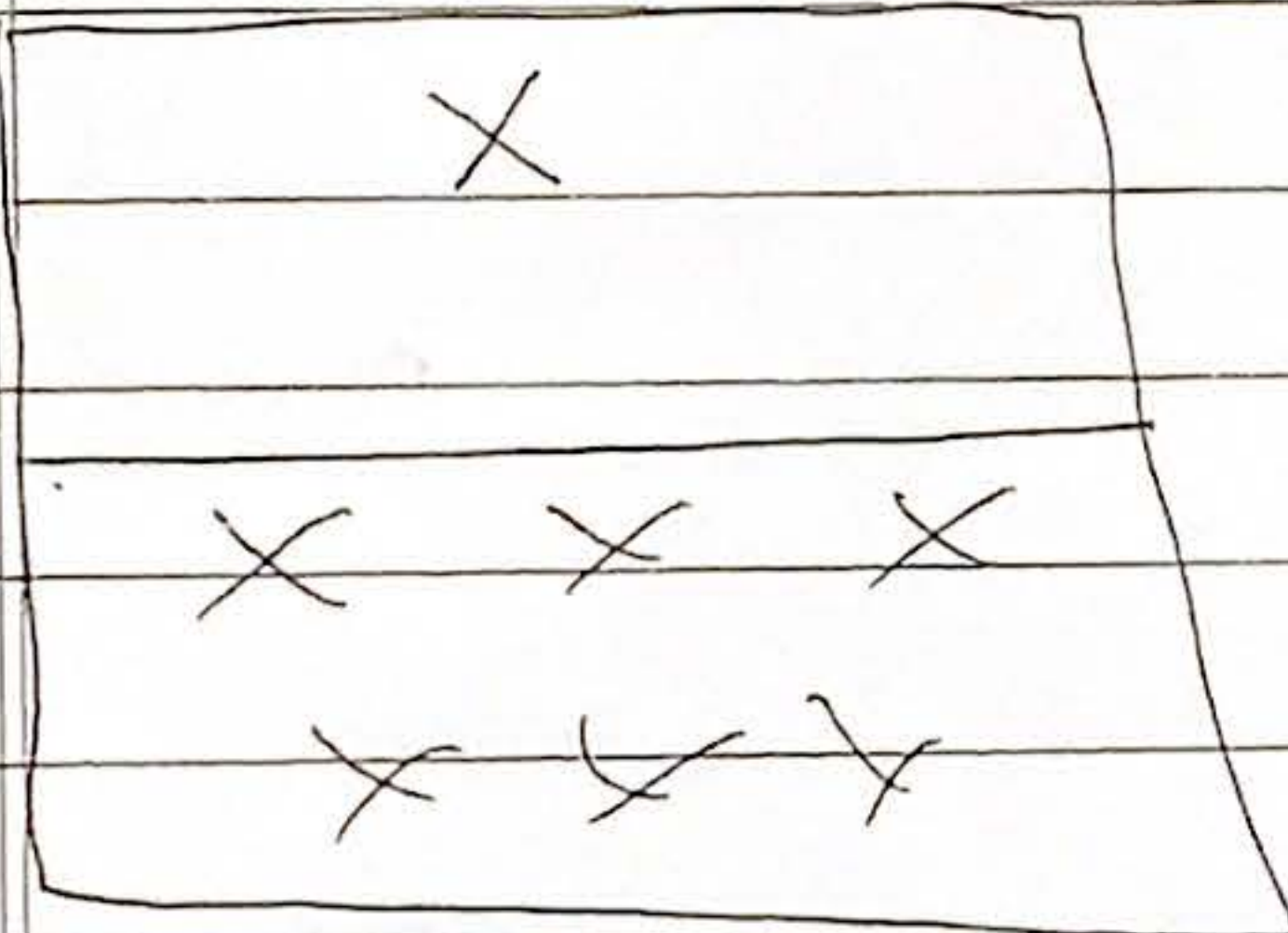
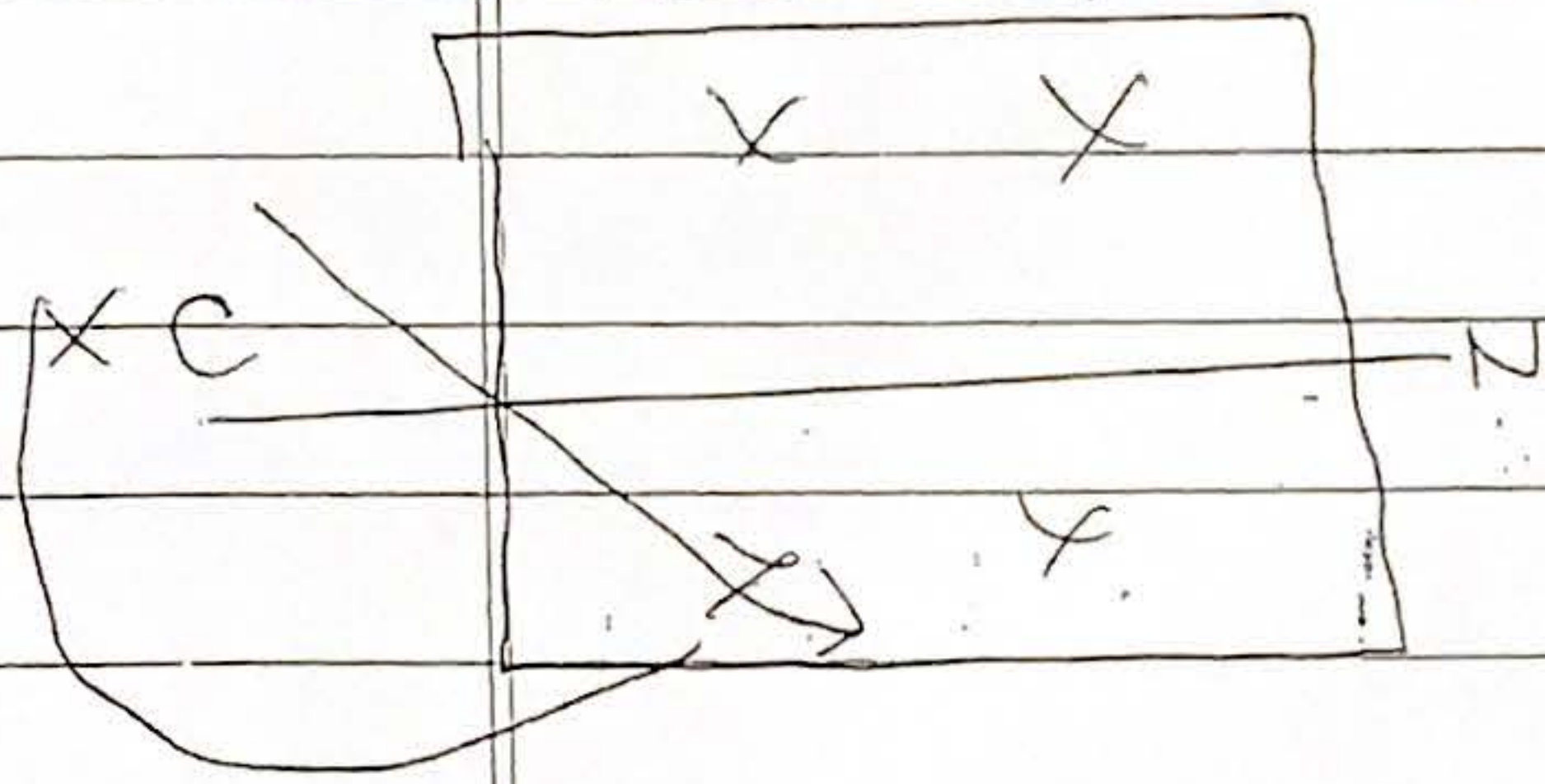
Baseball

Set up like reg game 1 team
offensive for ^{OR} 3 balls

if defense scores, it counts as an out
offense scores, its a point

Queen Pursuit

who doesn't know this one?!



1 player vs 6 -
 Coach allows 1 play to start, 3 contacts (if can) play out. First to

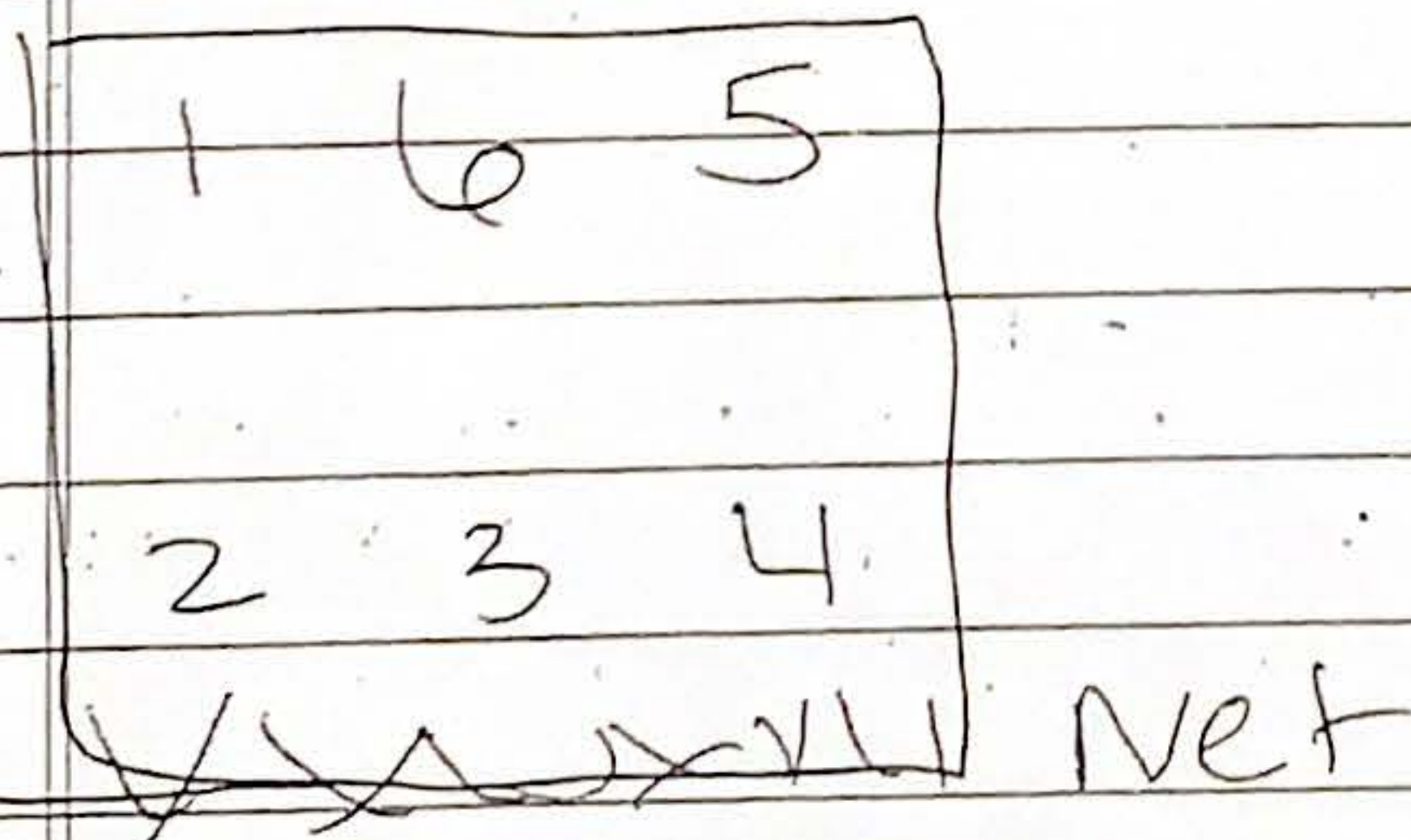
5 pts wins

Variation - 2x6

or 3x6

• team w/ 3 contacts must hit crosscourt, roll - whatever skill

Around the Court



Setting contest to position on court - like "H-O-R-S-E"

↑
S

Juggling (Individual)

arm-arm,

arm arm Knee Knee, arm . . .

" " " " head, arm

pass / set Self

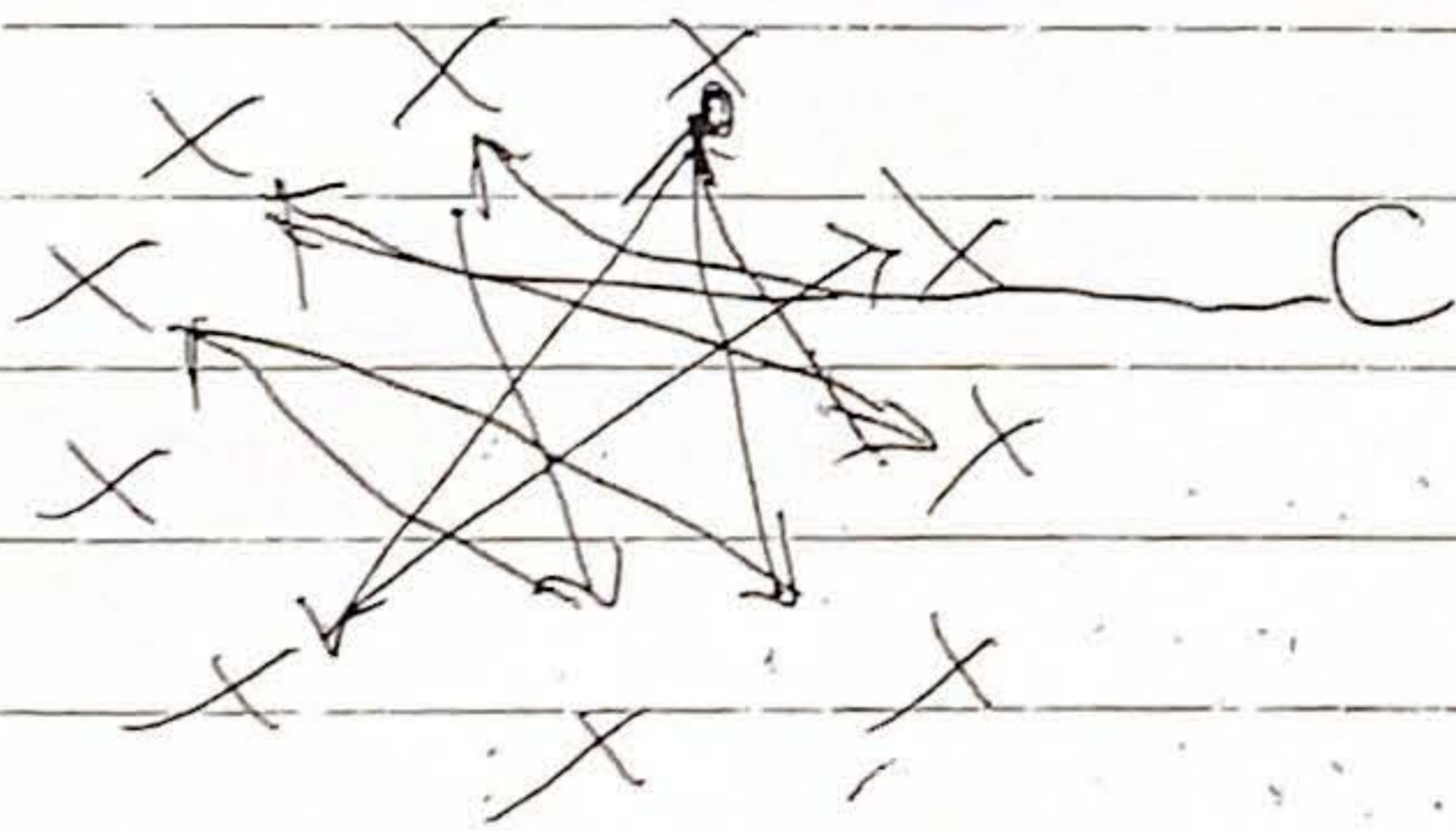
Standing

Sitting

under net

(standing sitting)

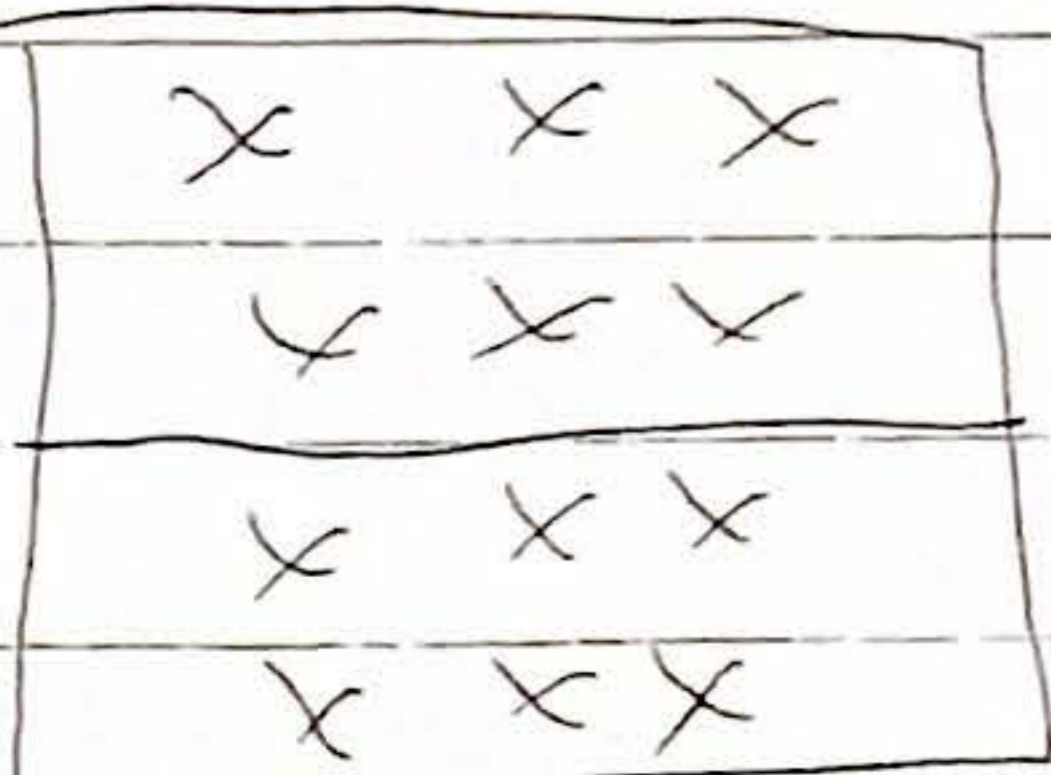
team juggling



goal to keep ball

"in play" - pick person
in advance to pass to; coach
throws ball in, each player
"touches" - as get good
no drops, add a ball,
then another etc.
See how many they can get
over the years ☺

30 touches



played like leg vbball EXCEPT
if ball drops, still playable up to
30 touches per side/team - goal to keep
in play; if ball rolls, is play is dead pt to
other team; once team has 30 touches
game over !