

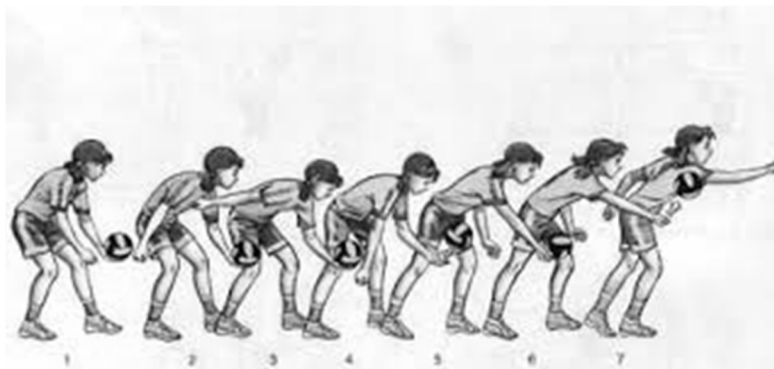
YMCA at Pabst Farms Youth Volleyball Practice Plan



Underhand Serving

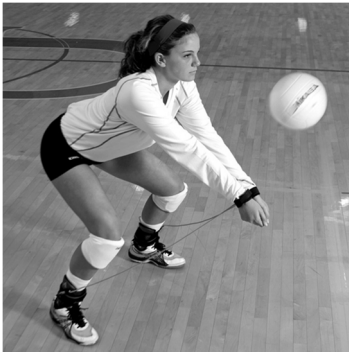
For a right handed player (Reverse for left handed players)

- **Hands:** Start with the ball in their left hand. Do not let them throw the ball out of their hand. To help them remember to not throw the ball at their hands tell them to say “don’t you move” to the ball before they swing to hit the ball. (Throwing the ball out of their hand makes it a lot harder to be successful in underhand serving because now they are swinging at a moving object and have to time their swing).
- **Swinging Hand:** Tell the kids to make a fist with their hand and make sure that their thumb is moved out of the way so that they have a nice flat service to hit the ball with.
- **Feet:** Tell them to put their left leg forward. Have them bend down like they are running a race. (It is very important to have the proper foot forward, if they are swinging with their right hand and have their right leg forward they are not able to swing all the way through because their leg is now in the way).
- **Swing:** Have the players start with their hand all the way back and tell them to swing all the way through to the ceiling. Many kids stop their swing when they hit the ball which doesn’t give them enough power to get the ball over the net.



Passing

- **Ready Position:** Have your feet a little more than shoulder width apart, with your knees bent and your right foot slightly in front of your left (for right handed people). Bend forward at your waist, your weight should be on your toes. Hold your arms loosely in front of you so that you are prepared to pass or set the ball (you should not have your hands connected when in ready position).
- **Moving to the ball:** When moving to the ball you should keep your hands free (do not have them connected). Shuffle to the right or left to move to get in front of the ball. Once you get to the right spot get back in ready position, and point your hips to the target (where you intend to pass the ball). You should avoid making contact with the ball while moving, try to plant your feet and face your target to be able to make the most accurate pass.
- **Platform:** Your platform is the area where you should pass the ball, on your forearms (the area in between your wrist and your elbows). Create a fist with your left hand and wrap your right hand around your fist. Your thumbs should be together and pointed towards the ground. (Make sure that the players DO NOT have their fingers interlocked or their thumbs crossed). Angle your elbows in and keep your elbows locked so your platform is flat and strong. Point your wrist towards the ground.
- **Passing Motion:** To control the pass contact the ball with the middle of your platform (area between your elbows and your wrist). You do not want to contact the ball with your hands, wrist, or elbows. Bump the ball with your hips facing towards the target. Do not swing your arms. When passing you use your legs not your arms for power.

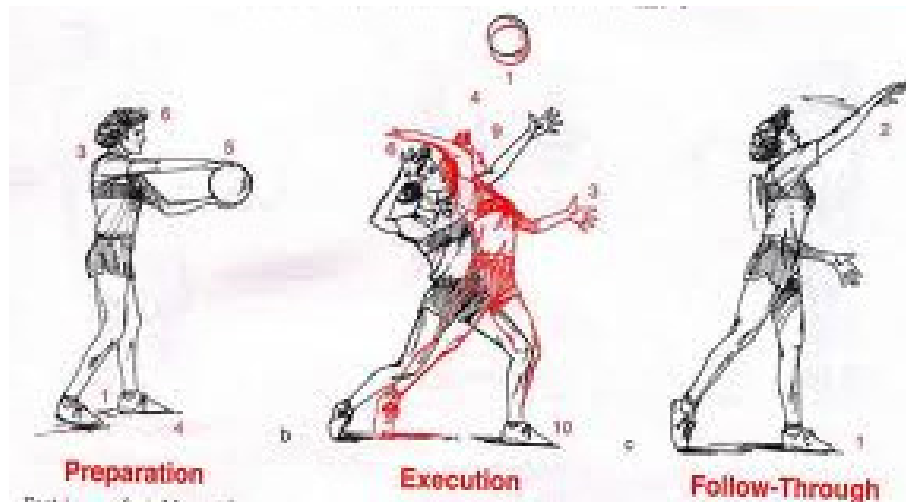


Setting

- **Hands:** Hands should be shaped like the ball. You should form a triangle with your thumb and pointer finger from each hand.
- **Contact Point:** A player should contact the ball a couple inches away from their hairline. When contacting the ball a player should extend their hands all the way out. When the set is completed they should be able to freeze with their hands fully extended, pointed towards the direction they want the ball to go.
- **Body Position:** A player's forehead, the ball, and their hips should all be in a vertical line.
- **Feet/Legs:** A player's legs should be slightly bent and their right foot should be slightly in front of their left. Remind players that although they are fully extending their arms when they set a lot of the power in a set comes from your legs.

Overhand Serving (Right Handed)

- Feet and hips: Start with your left foot and hip slightly in front of your right. Point your front foot forwards pointing towards where you want the ball to go. Your back foot can be pointed slightly to the left to help you keep good balance.
- Arms: Place the ball in the palm of your left hand, with your left arm extended in front of you. Place your right hand on top of the ball with your palm facing down. Your hands and arms should be placed in front of you with a slight bend at your elbows. Your left shoulder should be in front of your left. Then draw your right elbow back with your palm still facing down. If you are in the right position your thumb should be a couple inches from your ear and your hand should be parallel to the floor
- Toss: Lower your left hand slightly and toss the ball into the air, the ball should have no spin and should not roll off your finger tips. Your toss should go a couple inches above your head in line with your right arm. If you were to let the toss drop on the floor it should land about a foot in front of your right foot. The toss should be just slightly in front of you because when you serve you will be taking a step with your left foot. (When teaching an overhand serve you should have them practice their toss repeatedly so that they are able to toss the ball the same every time. The toss is one of the most important parts of the overhand serve. Make sure to tell the players that if they don't have a good toss that they should let the ball drop).
- Serving Motion: As you toss the ball up you should bring your hand up so that your palm is facing the net and your forearm is parallel to the ground. Step straight forward with your left foot and bring your hips around to face the net as you swing. (Your hips should be square to the net when you complete the serve). Keep your eyes on the ball and strike it just above and in front of your head. When you contact the ball make sure your fingers are spread apart and your hand/wrist are firm. Contact the middle of the back of the ball solidly.



More Advanced Skills

Hitting

- Approach: Start on the 10 foot line with your right foot forward. Your first step will be a big step forward with your left foot, then you want to tell the players to imagine they are jumping over a puddle, they should then land on the other side of the puddle with their right foot but have their left foot land right after. "Left, right, left", after they land their approach they should jump straight up in the air (Not Forward).
- Hands: When you take the first step in the approach with your left foot (if right handed) you want to bring your hands forward, when you take the right...left step your hands should go back. Then when you finish your approach your hands should be behind you and should help you be able to jump higher as you bring your hands up with you as you jump.
- Hitting the Ball: You should come in contact with the ball on the peak of your jump. You should have your hand all the way extended and reach for the ball. Then follow through for the most power. Swing straight though all the way down to your side.
- Shoulders: Before the player jumps off the ground they should have their shoulders slightly turned, the right shoulder should be further away from the net than the left. When the player is swinging at the ball they should then turn and face their shoulders in the direction that they want it to go.



Blocking

- Feet/Shoulders: When preparing to block your feet and shoulders should be squared up to the net.
- Ready Position: Hold your arms up, shoulders out, palms facing the net. Knees slightly bent, the blocker needs to be ready to jump
- Hands: When you jump you want to spread your fingers and push your arms up over your head. You want to leave as little space between your hands and the top of the net as possible. Don't allow for the ball to get in between you and your side of the net.

Drill Ideas

Fives (Great drill to warm up with, for all ages)

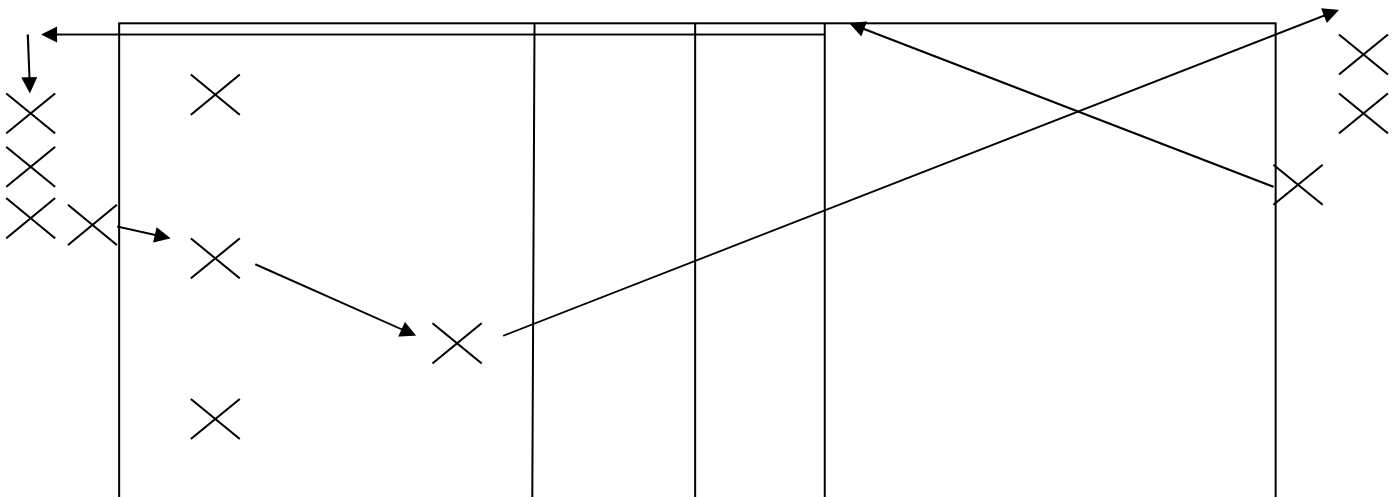
Setup - Pair the players up with a partner. Have one person stand on the net with the ball, and the other person kneels on the 10 foot line.

1. Have the player at the net toss the ball to the player on the 10 foot line 5 times. Have the player on the 10 foot line pass the ball back to their partner. Then switch and have the other player go. (Make sure the person on the 10 foot line is kneeling but does not have their butt on the ground)
2. Then have the player at the net toss to the player on the 10 foot line 5 more times. This time have the player on the 10 foot line stand and pass the ball right back to their partner. Then switch.
3. Next, Side to side. Have them toss the ball 5 to their right, 5 to the left. The player passing should shuffle their feet to the right and left. Then switch, have the other partner go.
4. Short/Long, for short passes the passer should start at the end line of the court. The person tossing should toss the ball just barely behind the 10 foot line. Long passes, the player should start at the 10 foot line and the person tossing should toss the ball behind the passer so that they have to move backwards to get it. Each person should do 5 each and switch.

Serve Receive

Setup – Have three players on the court. One middle back, one left back, one right back. Have one player be a target, have them stand in the front right corner of the court. Have a couple kids go to the opposite side of the court to serve. The remaining kids should form a line behind the middle back.

1. The drill starts with a serve.
2. Whoever the ball gets served to then passes the ball to the target.
3. The passer becomes the target, the target goes to the serving line, and the server goes to the line behind the middle back. The person in the front of the line in middle back then fills the spot of whoever passed the ball.



Three Touches for a Point

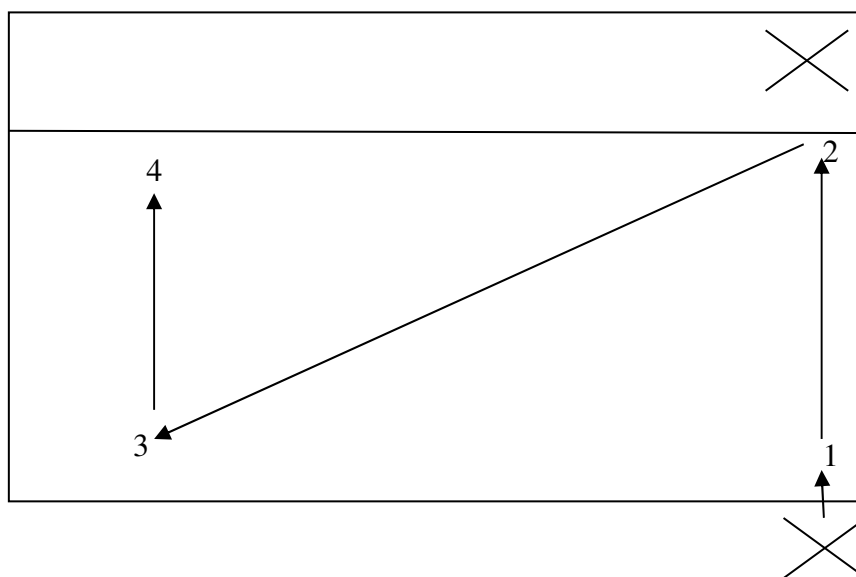
Setup – Have everyone make a line on one side of the court behind the middle back position. The coach should stand on the same side of the court in the middle front position. The first three in line should lay down on their stomach on the end line.

1. The coach slaps the ball to start the drill. When the players hear the ball get slapped they should stand up and be ready to run for the ball.
2. The coach then throws the ball up in the air. The player that is closest to the ball should call the ball and pass it to one of their teammates.
3. They must then get three touches on the ball, the third one over and in bounds on the other side of the net. Then they receive a point. (Depending on skill you can also do with only two touches if they are not able to be successful in attempting for three)
4. Everyone keeps track of their points individually and the first player to receive 5 points wins.

The W Drill (More Advanced)

Setup – One player lays down on their stomach on the end line on the right side. The coach stands at the front right corner of the net. The rest of the team spreads out and helps shag the balls.

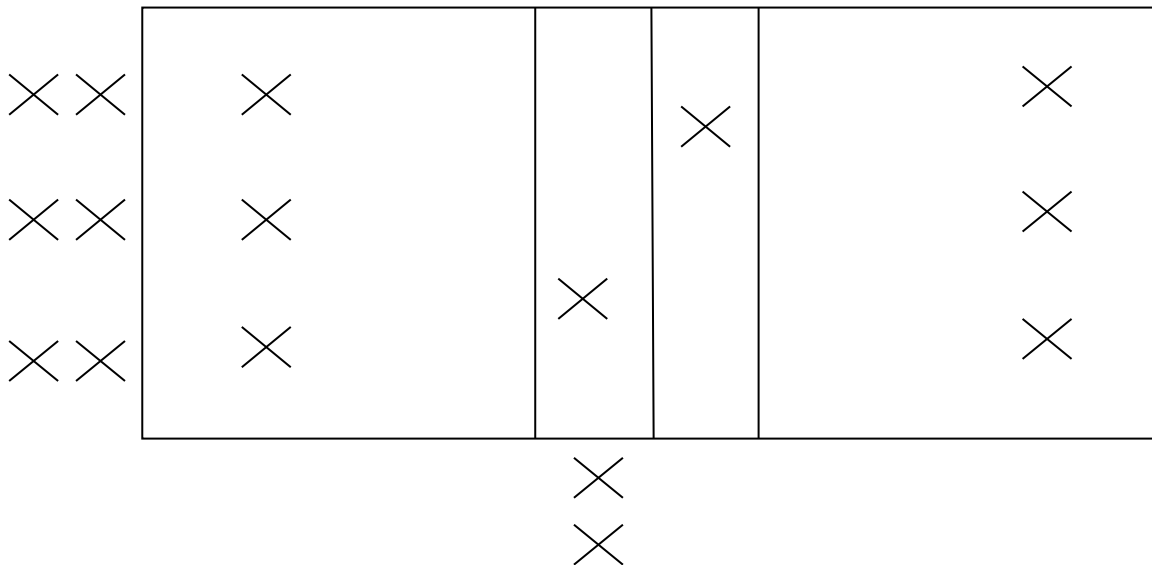
1. The coach slaps the ball and the player stands up to receive a down ball (hit) from the coach.
2. The coach then should throw the ball short (a tip), and the player should run up and pass the ball.
3. Then the ball is tossed to the back left corner of the court (a long deep ball), the player should run to the ball and pass it back to the coach.
4. The player then should go one step behind the 10 foot line on the left side. The coach gives the player down balls until they are able to get a perfect pass up to the coach. This is an easy drill to make more difficult or less depending on the players skill.



Queen of the Court

Setup – Have 4 Kids on each side of the court; one in each of the back row positions and one in the front right. Have the player in one of the serving spots start with the ball. Have everyone else make three lines behind them on that same side, and then one line off to the side on the front right.

1. The Player tosses or serves the ball in bounds (Depending on skill, if they are not able to get a rally started with a serve, start with a toss instead. This drill is more about keeping the rally alive than serve receive).
2. The Team that wins the point then goes to the queen side, and the losing team goes to the end of the line.
3. The goal is to stay the Queens of the Court for as long as possible, or to get to that side if you are not on it.



Serve and Chase

Setup – Have each player get a ball and split up on each side of the court. Set a timer for 3 minutes.

1. Have each player serve and chase their own ball.
2. Have each player count how many serves they got over the net in bounds during the time.
3. As you do this throughout the season they should be able to beat their previous record. This drill teaches them how to focus on their serve even when they are tired.

Serving Relay

Setup – Split into two teams behind the serving line on the same side of the net. One volleyball per team,

1. The first person from each team serves the ball.
2. The server must go and retrieve their serve.
3. If they missed their serve, they must serve again until a serve is made.
4. If they made their serve, they retrieve the ball and give it to the next person in line.
5. Continue until everyone on the team has served successfully.
6. First team to finish is the winning team.

Net Save

Setup - This drill works best with two coaches. Position two players in front of the net with 10 feet between them, and position a player about 10 feet behind each of them. Coaches with balls stand off to the side of the two players nearest the net.

1. One coach tosses the ball against the net and the player reacts to the ball and tries to save it by keeping it in the air so one of the other players behind her can make a play on the ball and knock it over the net.
2. As soon as the point concludes the players return to their positions and the other coach or helper tosses that ball into the net for the other player to attempt to save.
3. Because balls often get hit into the net during games, It is important to practice saves since teams can salvage valuable points based on their ability to react to these balls.

One on One Setting

Setup – Pair up the players. One on each side of the net, give each group a ball.

1. Have the two players set back and forth to each other over the net.
2. If a player cannot get the ball with their hands they should catch the ball and start again.
3. The object is for them to keep the ball in play as long as possible.
4. Once they have all had time to practice, then have them all start at the same time. Whichever pair is able to keep the ball alive the longest using only setting wins.

Progressive Serving

Setup – Have each player get a partner and go on the opposite side of the net across from each other. Each pair needs a volleyball.

1. Start 10-15 feet in from the end line for underhand serving. (Start on the 10 foot line for overhand serving.)
2. They should then serve the ball in a straight line over the net directly to their partner.
3. If they make the serve have them take a step back, if the serve is missed they stay in the same spot until they are able to make it over from where they are at.
4. Continue to have them take a step back for every made serve until they get to the end line. (At this level being able to make serves is the most important part to be able to win games, it is also a good idea to have them start every practice with having each player make 10 serves.)

The Passing Game

Setup – Split them up into two groups who will compete against each other. Both of these groups will then form a circle and have their own volleyball.

1. Each team wants to get the most consecutive touches and keep their teams ball up the longest
2. The team that is able to get the most consecutive touches wins.