

## **Sitting Volleyball Drill Examples**

The following are some examples of drills that can be used when playing sitting volleyball. When athletes first start playing the game, the two areas that need to be addressed are the ability to move quickly and efficiently on the floor using the feet and hands and then quickly pulling up the hands to play the ball.

These example drills work on developing movement patterns and ball control before progressing to modified game-play.

Due to the nature and the speed of the game in the Training to Train stage, game simulation is key in the design and execution of all drills. Whenever possible, try to implement random or variable practice and avoid block drills.

Modified games of 2v2, 3v3, 4v4 allows for increase contacts for all athletes, which is important.

**Drill #1: Ball Control Shuttle**

Purpose of drill:	Warm-Up/ Movement/ Ball Control
Number of athletes:	Groups of four
Equipment:	Volleyballs
Description:	<ul style="list-style-type: none"><li>• Athletes line up in two lines facing each other about 2m apart</li><li>• Continuously tossing the ball back and forth they follow the ball, switching lines</li></ul>
Variations:	<ul style="list-style-type: none"><li>• Underhand tossing and overhead tossing</li><li>• Athletes toss laterally to partner so partner has to move side to side</li></ul>
Progressions:	<ul style="list-style-type: none"><li>• One line remains catching and tossing, other line progresses to overhead passing</li><li>• Both lines progress to overhead passing and then forearm passing</li></ul>

**Success Criteria**

*Athletes are able to consistently play the ball to a height and location where they will have enough time to switch lines and continue the drill. Goals and objectives can be applied such as number of sequential contacts or continuous contacts for a set amount of time.*

**Coaching Tips**

*Encourage athletes to use the proper movement patterns when transitioning from line to line*

*Athletes need to move and position themselves under the ball to ensure a quality contact. Encourage athletes to keep their hands on the ground as long as they can and use them to make final movement adjustments.*

**Description:**

*This drill is a movement focused drill and is used to train the athletes to move and respond to playing the ball. The focus is on quick movement line to line and then training to get in position before lifting hands off the floor to play the ball.*

**What kind of activity it is (simple, sequential, game-like, increase strength or increase speed)**

*Simple warm-up with movement patterns*

**How difficult each activity is (easy, moderate, advanced)**

*Easy*

## **Drill #2: Triangle Drill**

Purpose of drill:	Movement/ Ball Control
Number of athletes:	Partners
Equipment:	Volleyballs
Description:	<ul style="list-style-type: none"><li>• Athlete starts in centre of triangle and moves to one corner about 1.5m away, catches a ball and tosses back to partner</li><li>• Athlete returns to the centre, catches a ball and tosses it back to partner then goes to next corner and repeats</li></ul>
Progressions:	<ul style="list-style-type: none"><li>• Athlete overhead/ forearm passes each contact back to partner</li><li>• Athlete passes each contact with either left or right arm</li></ul>

### **Success Criteria**

*Athletes need to be able to move on multiple planes before playing a ball back to a target. Goals and objectives can be applied such as number of sequential contacts or continuous contacts for a set amount of time.*

### **Coaching Tips**

*Encourage athletes to use the proper movement patterns when moving from spot to spot.*

*Athletes need to move and position themselves under the ball to ensure a quality contact. Encourage athletes to keep their hands on the ground as long as they can and use them to make final movement adjustments.*

*Be aware of the speed and height that the ball is being introduced at. In the game of sitting volleyball, the ball comes to athletes at a low angle and very quickly.*

### **Description**

*This drill is to train athletes' movement patterns in multiple directions and to play the ball after making those preparatory movements. The speed and angle of the ball can be varied to simulate game situations but the emphasis needs to be on the athlete controlling the height and speed of their contact.*

***What kind of activity it is (simple, sequential, game-like, increase strength or increase speed)***

*Simple ball control with movement patterns*

***How difficult each activity is (easy, moderate, advanced)***

*Easy*

### **Drill #3: W-Passing**

Purpose of drill:	Movement/ Ball Control
Number of athletes:	Groups of 3 or 4
Equipment:	Volleyballs
Description:	<ul style="list-style-type: none"><li>• Athlete starts on sideline and catches tossed ball and passes back to coach</li><li>• Then moves back to the second point, catches and tosses back to coach and then does the same for all five points of the W.</li></ul>
Progressions:	<ul style="list-style-type: none"><li>• Two balls at each point – once athlete plays first ball, toss a second, lower ball to them right away. Athlete catches and tosses both and then moves to next point.</li><li>• Use overhead or forearm contacts at each point.</li><li>• Two contacts at each point using overhead or forearm contacts.</li></ul>

#### **Success Criteria**

*Athletes need to be able to move on multiple planes before playing a ball back to a target. Goals and objectives can be applied such as number of sequential contacts or continuous contacts for a set amount of time.*

#### **Coaching Tips**

*Encourage athletes to use the proper movement patterns when moving from spot to spot.*

*Athletes need to move and position themselves under the ball to ensure a quality contact. Encourage athletes to keep their hands on the ground as long as they can and use them to make final movement adjustments.*

*Be aware of the speed and height that the ball is being introduced at. In the game of sitting volleyball, the ball comes to athletes at a low angle and very quickly.*

#### **Description**

*This drill is to train athletes' movement patterns in multiple directions and to play the ball after making those preparatory movements. The speed and angle of the ball can be varied to simulate game situations but the emphasis needs to be on the athlete controlling the height and speed of their contact.*

**What kind of activity it is (simple, sequential, game-like, increase strength or increase speed)**

*Simple ball control with movement patterns*

**How difficult each activity is (easy, moderate, advanced)**

*Moderate*

**Drill #4: Partner Passing with Lateral Movement**

Purpose of drill:	Movement/ Ball Control
Number of athletes:	Partners
Equipment:	Volleyballs
Description:	<ul style="list-style-type: none"><li>• Partners face each other and pass the ball continuously back and forth</li><li>• When playing the ball back to partner, focus and put the ball to one side or another of partner</li></ul>
Progressions:	Have partner play first ball to self and then hit down-ball to partner on each side.

**Success Criteria**

*Athletes need to be able to move laterally with speed and efficiency and be able to play the ball high into the middle of the court out of a defensive situation. Goals and objectives can be applied such as number of sequential contacts or continuous contacts for a set amount of time.*

**Coaching Tips**

*In defensive situations, athletes must be able to play and control the ball with forearm pass, overhead pass or one arm and this can be included in this training drill*

*Ensure that the athletes making the minor adjustments to position themselves directly behind ball before lifting hands off the floor*

**Description**

*This drill will work on lateral movement of the athletes, which requires large involvement of the hands for movement*

**What kind of activity it is (simple, sequential, game-like, increase strength or increase speed)**

*Lateral movement with a defensive focus*

**How difficult each activity is (easy, moderate, advanced)**

*Easy to moderate depending on the speed and of complexity of the ball being played*

**Drill #5: Star Drill**

Purpose of drill:	Movement/ Ball Control
Number of athletes:	3-4 per group
Equipment:	Volleyballs
Description:	<ul style="list-style-type: none"><li>• Player starts in middle of court and goes to sideline to play ball</li><li>• After playing ball, athlete moves back to middle and plays ball then goes to deep to play ball</li><li>• Athlete plays ball on all sidelines and corners</li></ul>
Progressions:	<ul style="list-style-type: none"><li>• Have athlete play two balls at each spot on the court</li><li>• Have athlete dive on stomach or on back at each spot on court and then recover and play ball.</li><li>• Target at net can progress to setting outside hitters to transition.</li></ul>

**Success Criteria**

*Athletes need to be able to move to each position identified on the floor and "beat the ball" before playing to a target in position 3. They will need to get all eight balls to the target before rotating through drill.*

**Coaching Tips**

*Simulate the speed of the ball when introducing to the athletes*

*Ensure that athletes use both the legs and hands efficiency to propel themselves to each position and are stopped and balance when preparing to play the ball*

**Description**

*This is a high movement drill designed to force the athletes to efficiently move longer distances to play the ball. By adding an active target and attackers, it can be an introduction to a variety of game situations.*

**What kind of activity it is (simple, sequential, game-like, increase strength or increase speed)**

*Sequential and progressive activity to other team-oriented drills*

**How difficult each activity is (easy, moderate, advanced)**

*Moderate to advanced*

**Drill #6: Four-Corner Defense**

Purpose of drill:	Movement/ Ball Control/ Attacking
Number of athletes:	5
Equipment:	Volleyballs
Description:	<ul style="list-style-type: none"><li>• Athletes position themselves one on each corner of court and one athlete in the middle</li><li>• Athlete in the middle sets athlete on one corner who will attack directly cross court</li><li>• All athletes attacking converge cross court and prepare to defend attack</li><li>• After digging attacked ball to athlete in the middle, corner athletes must reset to respective corner and athlete in the middle sets another corner</li></ul>
Progressions:	Athlete in the middle (setter) can set to themselves before setting corner to slow the drill down in the beginning

**Success Criteria**

*Athletes can continuously keep the ball in play and within the structure of the drill. Athletes should be constantly transitioning from offence to defense and back to offense.*

**Coaching Tips**

*Emphasize the height that needs to be put on the first ball contact*

*The second ball can be accelerated to simulate game speed for the defenders to get into position*

*Encourage attacking players to switch from defensive position to attacking position every contact*

**Description**

*This is a high movement, high paced drill, which overemphasizes the speed that the transition from offense to defense needs to happen, and reiterates the importance of the high first contact.*

**What kind of activity it is (simple, sequential, game-like, increase strength or increase speed)**

*Increase speed*

**How difficult each activity is (easy, moderate, advanced)**

*Advanced*

## **Drill #7: Continuous Dig-Set**

Purpose of drill:	Movement/ Ball Control/ Attacking/ Transition
Number of athletes:	8-10
Equipment:	Volleyballs
Description:	<ul style="list-style-type: none"><li>• Three athletes line up behind each other in position 5 and three athletes line up behind each other in position 1. One athlete at net in position 4 and one athlete in position 2</li><li>• Ball is initiated by athlete in position 2 tossing free ball to position 5</li><li>• Position 5 athlete passes ball to position 1 athlete (middle of the court) who sets it to position 4 and follows ball to position 4.</li><li>• Position 4 attacks ball back to position 1 where next player in line has filled in (attacking athlete in position 4 then follows ball to position 1)</li><li>• Position 1 passes to position 5, who sets position 2 and follows ball</li><li>• Cycle repeats continuously with attackers always following ball and defenders <u>only following ball to attack positions once they set.</u></li></ul>

### **Success Criteria**

*Athletes can continuously keep the ball in play and within the structure of the drill. A time goal can be set, which the athletes will need to keep the ball in play for that amount of time.*

### **Coaching Tips**

*Emphasize the height that needs to be put on the first ball contact*

*Offside defender needs to release into the middle of the court to set a second contact ball to the outside.*

*First contacts need to be high, inside the attack line and in the middle of the court, second contacts need to be high, off the net and slightly inside the antennae.*

### **Description**

*This is a defense-focused drill, has the offside defender releasing in to take the second ball. Designed to simulate a scramble transition situation, the ball contacts need to be higher and well within the boundaries of the court.*

***What kind of activity it is (simple, sequential, game-like, increase strength or increase speed)***

*Game-like*

***How difficult each activity is (easy, moderate, advanced)***

*Advanced*

**Drill #8: Serve to Catch Defense**

Purpose of drill: Movement/ Ball Control/ 2<sup>nd</sup> Ball Contact/Attacking

Number of athletes: 6-8

Equipment: Volleyballs

Description:

- Athletes line up in position 1 (server), position 3 (setter), position 4 (attacker) and position 5 (attacker) on both sides of court
- Server in position 1 serves down the line to passer in position 5
- Rally plays out and position 4 attacks at position 1 on opposite who comes into court after serving

Progressions:

- Add blockers
- Have athlete in position 5 pass and hit
- Serve and receive cross-court or down opposite line

**Success Criteria**

*Server playing defense must catch attacked ball for 1 point. 5 points and that whole side rotates. First side to have all athletes serve is the winning side.*

**Coaching Tips**

*Quick transitions from serve receive to attack.*

*Angle of approach of outside attackers is key to be able to hit down the line (need to approach more up the line).*

**Description**

*This is a competition drill where the server tries to put the passer in a situation where they cannot hit a hard driven ball down the line. The serve receive side must setup an offense where they can still be aggressive in attack.*

**What kind of activity it is (simple, sequential, game-like, increase strength or increase speed)**

*Game-like*

**How difficult each activity is (easy, moderate, advanced)**

*Advanced*

## **Drill #9: Partner Attacking Sequence**

Purpose of drill:	2 <sup>nd</sup> Ball Contact/ Attacking/ Attack Recovery
Number of athletes:	2-4
Equipment:	Volleyballs
Description:	<ul style="list-style-type: none"><li>• One athlete in position 2, one athlete in position 4 at net blocking</li><li>• Coach tosses ball to position who passes it to position 4 who sets back to position 2 to attack</li><li>• As soon as position 4 sets ball, coach tosses ball to them and they pass to position 2 who recovers from the attack and sets back to position 4 to attack</li><li>• Once position 2 sets ball, coach tosses to them and cycle restarts</li></ul>
Progressions:	Have attackers perform blocking movements between attacking and receiving free ball from coach (set – block – pass – attack)

### **Success Criteria**

*Athletes are able to attack at the net and then quickly transition off to set partner. The focus here is on the transition. Five successful attack attempts per partner is a good goal.*

### **Coaching Tips**

*Quick transitions from attack to setting and ensure that athletes are setting from the middle of the court and not where they finished their attack.*

*Athletes must be dynamic in their movements on and off the net and explosive through their attack. As the drill continues, the explosiveness may diminish and it is important that this stays high.*

*Monitor number of repetitions without rest as there is a lot of stress on the shoulders in each cycle.*

### **Description**

*This is a drill that works on a component of the game where speed and power is especially important for success.*

***What kind of activity it is (simple, sequential, game-like, increase strength or increase speed)***

*Increase speed*

***How difficult each activity is (easy, moderate, advanced)☺***

*Advanced*

**Drill #10: Serve Receive with Immediate Return**

Purpose of drill:	Serve Receive/ 2 <sup>nd</sup> Ball Contact/Attacking/Attack Recovery
Number of athletes:	6-8
Equipment:	Volleyballs
Description:	<ul style="list-style-type: none"><li>• Three serve receivers, one setter and one attacker on one side and 2-3 servers on opposing side</li><li>• Serve to receiving side and play rally out.</li><li>• As soon as ball is attacked, coach tosses in fast free-ball to be transitioned</li><li>• Challenge attacking side to recover quickly after attack</li></ul>
Progressions:	<ul style="list-style-type: none"><li>• Add blockers on serving side</li><li>• Coach can introduce ball to blockers to quick attack back at receivers for the second contact</li></ul>

**Success Criteria**

*Athletes are able to effectively side out and then quickly recover to immediately play another transition rally. Serve receive needs to win both for 1 point and 10 points to get out of the drill. If they lose both rallies, it is -1 point and if they win one, lose one, it is a wash and no points awarded.*

**Coaching Tips**

*Emphasize the control of pace on serve receive side by slowing down the first contact and allow attackers to transition off.*

*Movement is important on the transition from offense to defense for the second. Even though the drill is fast-paced, push the athletes to reset into their defensive home positions.*

*Be aware of the height and speed of the ball being introduced if tossed by a coach. It needs to be tossed in low and fast to accurately simulate the nature of the game.*

**Description**

*This drill is a game simulation drill designed to work on the transitions and the speed and efficiencies of the transitions.*

**What kind of activity it is (simple, sequential, game-like, increase strength or increase speed)**

*Game-like*

**How difficult each activity is (easy, moderate, advanced)**

*Advanced*