SAMPLE VOLLEYBALL DRILLS

Key:  
C = Coach  X = Extra Players or help shag balls  
P = Player  SH = Shaggers  
S = Setter  D/A = Digger / Attacker  
T = Target

Drills can be done on a ½ court or full court. If sharing a court with another team, coaches are encouraged to utilize the full court and do drills together.

It is good practice to set goals for each drill. For example; 10 good passes, max points or so many minutes before ending a drill.

Drills are described as passing or bumping drills, but can be used as setting drills too.

Drills are given in progressive order of skill development.

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QUEENS OF THE COURT

Objective: To teach players the game, hustle and have FUN.

- One court is designated as the winners court “CA”.
- 3 players per court, “P₁, P₂, P₃”.
- Remaining players “X” line up, behind each player on the court that is opposite of the winners court “CB”.
- To place the ball into play, “C” tosses ball to the winners court “CA”. Teams are encouraged to get 3 hits per side before putting the ball over the net. The volley between the 2 teams continues until a team misses the ball.
- The winning team goes or stays on the winners court “CA”. The team that loses, goes off the court and become “X’s”. The “X’s” that were sitting out, come on to “CB”. Play continues.

Recommendations:

- Rotation and movement is to happen quickly, with no break.
- Coaches are encouraged to keep the team moving by tossing the ball to the team, even if they are not ready.
I CAN PASS

Objective: To give players the confidence for forearm passing.

Have 3 back row passers “P₁, P₂, P₃”. Remaining players “X” are to a form line behind the end-line. “C’s” toss ball to one of the “P’s”. “P’s” are to pass the ball so it bounces inside the “T” area. A string, or something similar, may be used as the “T” so all players can participate in the drill.

The “P” that passed the ball needs to keep track of their points, retrieve the ball and stand in “X₂” line to give to one of the “C’s”.

Points: 1 point = for player connecting, passing and going for the ball
2 points = for ball landing 1 foot away from “T”
3 points = for hitting or landing on the “T”.

![Diagram](image-url)
**CORNER PASSING DRILL**

**Objective:** To learn to pass to a specific position.

“C” tosses or hits to “P”. “P” passes or sets back to “C”. If pass does not go to “C”, “C” hits another ball immediately. “X’s” shag extra balls and hand to “C” as needed. This drill moves quickly, with constant tosses or hits to “P”.

![Diagram of Corner Passing Drill]
TARGET PASSING

**Objective:** To forearm pass to the setter position.

There are 3 players on the court “P₁, P₂, P₃”. “X” players line up behind the end line behind “P₁”. Coaches are to toss or serve the ball to “P₁” from any one of the option spots (labeled “O1”). “P₁” is to pass the ball to “P₂”, setter. “P₂” sets the ball to “P₃” so they can hit the ball over the net. “P₃” becomes “X₂” on other court. Once “X₂” retrieves the ball, they give ball to one of the “C’s” then go to the “X” line behind “P₁”. “P₂” rotates to “P₃” position, “P₁” rotates to “P₂” position, the first “X” in line becomes “P₁”.

Points

- “P₁” position – 1 point for a good pass to “P₂”
- “P₂” position – 1 point for a good set to “P₃”
- “P₃” position – 1 point for a good in bounds.

Players are to keep track of their own points.

**Variations:** To make the game more challenging, have the setter set right front and center hitters. Just switch “P₁” and “P₃” to the opposite sides of the court. “P₁” is always the passer, “P₃” is always the hitter.
PASSING SIDE-to-SIDE SHUFFLE

Objective: To teach movement for the ball

“P” starts in middle back. “P” shuffles to right back position and receives a toss from “C₁”. “P” then shuffles to left back position and receives a toss from “C₂”. Repeat several times, with “X” cheering them on and shag balls. “X’s” rotate clockwise to “X₁” position. “X₁” becomes “P”. Quick movement is key.

To help players get the hang of it, coaches may toss the ball and have the players catch it and toss back to coach.
**PINBALL PASSES**

**Objective:** To work on forearm pass.

There are 3 players on each side, “P₁, P₂, P₃”. There is a Team A and a Team B. To begin, “C” tosses the ball to “P₁” on one of the teams, alternating teams on each side out. Teams have two options for play before putting the ball over the net:

**Option 1 (4 Points):** “P₁” receives the ball and makes a forearm pass to “P₂”. “P₂” then makes a forearm pass to “P₃”. “P₃” makes a forearm pass back to “P₁”. “P₁” then overhead passes the ball over the net to the other team.

**Option 2 (7 Points):** “P₁” receives the ball and makes a forearm pass to “P₂”. “P₂” then makes a forearm pass to “P₃”. “P₃” makes a forearm pass back to “P₁”. “P₁” makes a forearm pass back to “P₃”, who forearm passes to “P₂”, who then forearm passes to “P₁”. “P₁” then overhead passes the ball over the net to the other team.

When the ball is passed over the net, the other team will continue the volley and go through the same sequence of forearm passes. Play is continuous until the rally ends. An extra point is awarded to the team that wins each rally. Teams are to rotate after each rally. After 5 rallies, switch courts and rearrange teams.
FIGURE 8 PASSING DRILL

Objective: To teach movement and consistency.

“C” is the target in this drill. If a pass does not go to the target, “X₁” and “X₂” are to give “C” a new ball. All other “X’s” are shaggers. Shaggers are to give balls to “X₁” or “X₂” as needed.

“C” is to toss(1) the ball to the “P₁” position, “P₁” is to pass the ball to target so “C” can toss(2) the ball to “P₂”. “P₂” is to pass the ball to target so “C” can toss the ball to “P₁” again, etc. The goal for this drill is to make all passes to the target (“C”), so “C” can continue tossing without stopping or receiving a different ball for “X₁” or “X₂”.

Figure 8 Rotation: After “P₁” passes the ball they are to move to the “P₂” position, “P₃” is to move into the “P₁” position and after “P₂” passes the ball to target they are to move to “P₃” position. “C” is to toss the ball quickly to keep players moving. Run this drill 6-10 times with the same players, then switch “X’s” into the “P” positions.
ACCELERATION DRILL

**Objective:** To teach movement and hustle

One of the “C’s” is to toss the ball to “P₁”; “P₁” passes to “T” (player) and then runs back to touch hands of “X₁”; while “P₁” is moving, one of the “C’s” toss to “P₂” and same for “P₃” who run the same drill. “T” player is to give ball to one of the “C’s”. Keep “P₁”, “P₂” and “P₃” in for 1 minute and then have “X’s” and “T” become the “P’s”.

![Diagram of ACCELERATION DRILL](image-url)
**SHUTTLE PASSING DRILL**

**Objective:** To teach teamwork, movement and consistency

“P₁”, “P₃”, “P₅” → “P₆”, “P₄”, “P₂”

“P” follows pass and goes to end of opposite line. “P₁” passes to “P₂”, “P₂” passes to “P₃”, “P₃” passes to “P₄”, etc. Do this drill quickly and consistently as possible.

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**3 – PASS DRILL**

**Objective:** To have team hustle, and for movement and ball judgement

“P₁” gets toss₁ from “C₁” and then a short toss₂ from “C₂” and then a long toss₃ to left back corner from “C₁”. “P₂” becomes “P₁”. “X’s” Rotate clockwise to “P₂ position. Run all players 3-4 times from right back corner and then move line to run from left back corner.
**FAST FEET DEFENSIVE DRILL**

**Objective:** To increase player conditioning while improving defensive skills in a fast-tempo setting.

- Set up three cones (borrow from P&R if needed) equal distance apart across the end line approximately 1 foot in from the end line. Players “P1, P2, P3, P4, P5” are lined up off court in the service box. “C” will line up on each side in the target area. “X’s” are shaggers.
- Players begin the drill one at a time, moving to the player’s left.
- Player sprints onto the court, digs a ball tossed by the coach, sprints around cone and digs another ball, goes around the third cone and digs a third ball. Player then sprints off and the end of the line at the opposite end.
- Run the drill so players have 4 times per side, then switch “X’s” into the player position.
- The drill should be done from both directions (switch the starting spot so players move to their right too).

The coach can control the tempo and degree of difficulty:

- May tip or hit the ball for variety
- May ask players to sprint or slide to get the ball
- May run the drill for shorter or longer periods of time
THREE BLIND MICE

Objective: Designed to encourage teamwork and quick thinking on the court. Through this drill, players develop an ability to attack the ball from anywhere on the court.

- Three players “P1, P2, P3” lay on their stomachs about 5-10’ into the court facing the end line. Do not let them look back, they must react on sound only.
- “C” is positioned across the net just beyond the attack line anywhere along the line. “C” is to slap the ball, then toss or hit the ball over the net to “P1,2 or 3”.
- At the first sound, all “P” players are to spring, turn around, face the net and then find the ball. “P’s” are to pass the ball to “S”, who then sets any of the three “P’s” who become the attackers after passing the ball.
- “P1” become “S”. “P2” retrieve the ball, give to coach and then become “X’s”. “X’s” become the “P’s”. Players are to get in a different line each time.

Variations:
- Do not have a designated setter at the target position. A coach or player may just catch the ball instead of setting to the attackers.
- Keep time and see how many total attacks for the drill are completed in the designated number of minutes.
- Set an attack number goal for each group or individual.
VARIATIONS for VOLLEYBALL SCRIMMAGES

Objective: To teach game like situations.

Boundaries are the sideline and the 10’ line. Players use the entire width of the court but are restricted to play within the 10’ line area. Ball is put into play by a coach.

Variations: Court can be divided in half by length or diagonally.