



High Rep Warm Up - Volleyball Passing Drills

Passing is the most important and fundamental skill in volleyball. Developing good technique is not an accident but rather a function of perspiration and practice. This series of drills is designed to increase the number of contacts on the ball in the shortest possible amount of time.

“ ” What You Tell Your Players

1. You will improve your passing technique and form while maximizing the number of ball touches.
2. These drills will help teach you to focus on the fundamentals in order to keep your passing consistent with good form.
3. These drills are a great way to get your mind focused and ready to play volleyball.
4. Goal is maximum number of contacts in as little time as possible.
5. Focus on your visual sensory mode

Session Planner

Time to Complete:	Number of Players:	Player Levels:	Number of Coaches:	Used For Warm Up:	When Used:	Additional Equipment:
10-20 min	2-20	All	1	YES	Start of Practice	NONE

Activity	Reps	Focus	Additional Notes
Drill:1 Volleyball Passing Drill 1 of 8 for 2 players, - 10 Feet Apart	20 - Passes (Beginners, Intermediate) 20 - Each, Passer, Ball Thrower (Advanced)	Hands, Arms, Platform "Push to your target" "Watch the ball all the way to your platform"	Focus on transitioning from one drill to another quickly Click Here - VIDEO FLASH DIAGRAM
Drill:2 Volleyball Passing Drill 2 of 8 for 2 players, - 20 Feet Apart	20 - Passes (Beginners, Intermediate) 20 - Each, Passer, Ball Thrower (Advanced)	Hands, Arms, Platform "Your goal is perfect form, move your feet and platform so that you have perfect form on every pass"	Have the person tossing hold hands above net as if they were the setter so the player has a target Click Here - VIDEO FLASH DIAGRAM
Drill:3 Volleyball Passing Drill 3 of 8 for 2 players, - 27-30 Feet Apart	20 - Passes (Beginners, Intermediate) 20 - Each, Passer, Ball Thrower (Advanced)	Hands, Arms, Platform "Long distance so use your legs if you have to, really push the ball"	Players should visualize free ball and a perfect pass for transition play Click Here - VIDEO FLASH DIAGRAM
Drill:4 Volleyball Passing Drill 4 of 8 for 2 players, - 10, 20, 30 Foot	20 - Passes (Beginners, Intermediate) 20 - Each, Passer, Ball Thrower (Advanced)	Footwork, Behind the Ball, Hands, Arms, Platform "Get behind the ball"	All about good footwork forward and back. Demonstrate good footwork Click Here - VIDEO FLASH DIAGRAM
Drill:5 Volleyball Passing Drill 5 of 8 for 2 players, - 10 Foot Side to Side	20 - Passes (Beginners, Intermediate) 20 - Each, Passer, Ball Thrower (Advanced)	Footwork, Behind the Ball Hands, Arms, Platform "Watch the ball all the way to your platform"	Keep focus on watching ball to players platform and target Click Here - VIDEO FLASH DIAGRAM
Drill:6 Volleyball Passing Drill 6 of 8 for 2 players, - 20 Foot Side to Side	20 - Passes (Beginners, Intermediate) 20 - Each, Passer, Ball Thrower (Advanced)	Footwork, Behind the Ball Hands, Arms, Platform "Get behind the ball and push at your target"	None Click Here - VIDEO FLASH DIAGRAM
Drill:7 Volleyball Passing Drill 7 of 8 for 2 players, - 30 Foot Side to Side	20 - Passes (Beginners, Intermediate) 20 - Each, Passer, Ball Thrower (Advanced)	Footwork, Behind the Ball Hands, Arms, Platform "Get behind the ball and push at your target"	None Click Here - VIDEO FLASH DIAGRAM
Drill:8 Volleyball Passing Drill 8 of 8 for 2 players, - Front to back, side to side	20 - Passes (Beginners, Intermediate) 20 - Each, Passer, Ball Thrower (Advanced)	Footwork, Behind the Ball Hands, Arms, Platform "Fast Feet, Concentrate, watch ball contact platform"	None Click Here - VIDEO FLASH DIAGRAM

Variations:

1. Write Numbers on the Ball and have players call the numbers out as they see them. What this does is help increase the players focus and improves their vision on the ball. Click Here to See Video Example!
2. Have the ball thrower change the toss, loop toss verses a flat toss.
3. Have the ball thrower pass or set the ball back at their partner.
4. Setters should always set the ball to their partner.



“ ”

Where It Fits!

Players Skills: Serve receptions, passing, defense, transition, and free ball reception.

In Practice: As part of your warm up, beginning to middle of practice, early season.

Other Smart Sessions Covering this Area:

2 – Team Volleyball Passing and Swing Hitter Drills

“ ”

What To Think About!

Passing is the most important and most fundamental skill in volleyball. By incorporating this Smart Session into your Practice Plan you are apply the Brazilian Style of coaching which is high reps with allot of ball contact, as well as strong progression drills. Meaning that skills build on skills.



What You Tell Your Players:

1. **Passing Broken Down into 3 Main Areas - Platform, Body, Base**
2. **Platform involves your Hands, Arms and Shoulders**
 - Focus on thumbs parallel
 - Hands pointing down
 - Elbows together
 - Shrug your shoulders
 - Arms in front and high
3. **Body involves the rest of your body**
 - Leaning forward, stay balanced
4. **Base Involves your Feet and movement**
 - Keep Nice wide base for balance
 - One foot slightly in front of the other
 - Never cross your feet over on movement

What You Call Out

For Platform

1. "Thumbs parallel"
2. "Elbows together"
3. "Face your wrist down"
4. "Shrug your shoulders"
5. "Arms In Front"
6. "Push the ball to the target"

Body

1. "Stay Behind the Ball"
2. "Lean Forward"

Base

1. "One foot slightly in front of the other"
2. "Don't cross your feet"
3. "Wide base"

Instructional Volleyball Videos on Passing:

Instructors

Videos

Indoor
Andor Gyulai – Volleyball1on1 Founder, NCAA Champion UCLA.

Logan Tom - World #1 female indoor player. 2010 best serve receiver

Mike Diehl - NCAA champion UCLA, Bud Light 4 man tour MVP and kill leader, 15 year indoor European pro and 3 time league MVP

David Fischer - 12 year indoor coach, US national team member in Pan-Am and NORCECA games

Steve Anderson - Olympic gold and bronze medal coach, coach of FIVB co-team of the decade 1990-2000

Eric Fonoimoana - 2000 Olympic gold medalist, AVP MVP and king of the beach, 18 time FIVB and AVP champion

Stein Metzger - 2004 Olympian, 18 time FIVB and AVP champion, 3 time NCAA champion, NCAA MVP

Teach Form

5 Videos on Passing

9 Videos on Passing

6 Videos on Passing

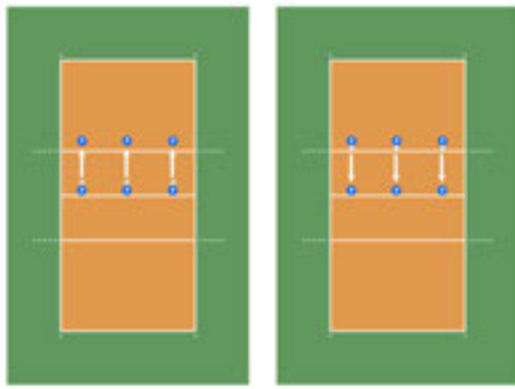
5 Videos on Passing

6 Videos on Passing

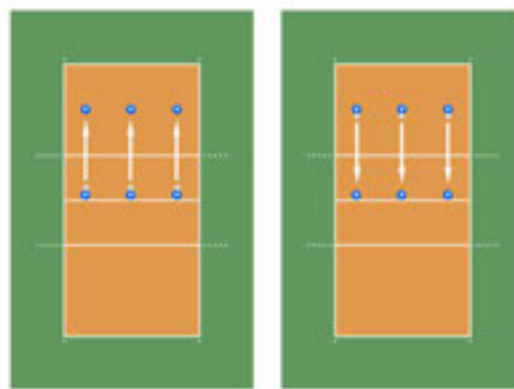
6 Videos on Passing



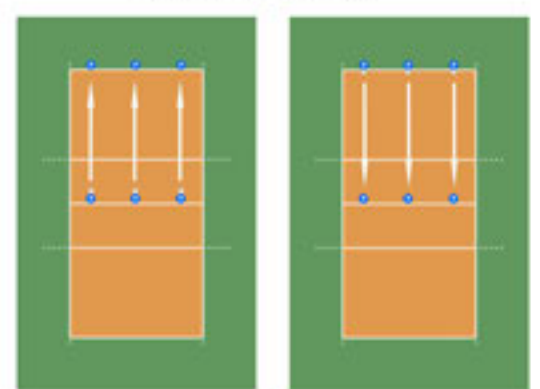
DRILL 1 of 8



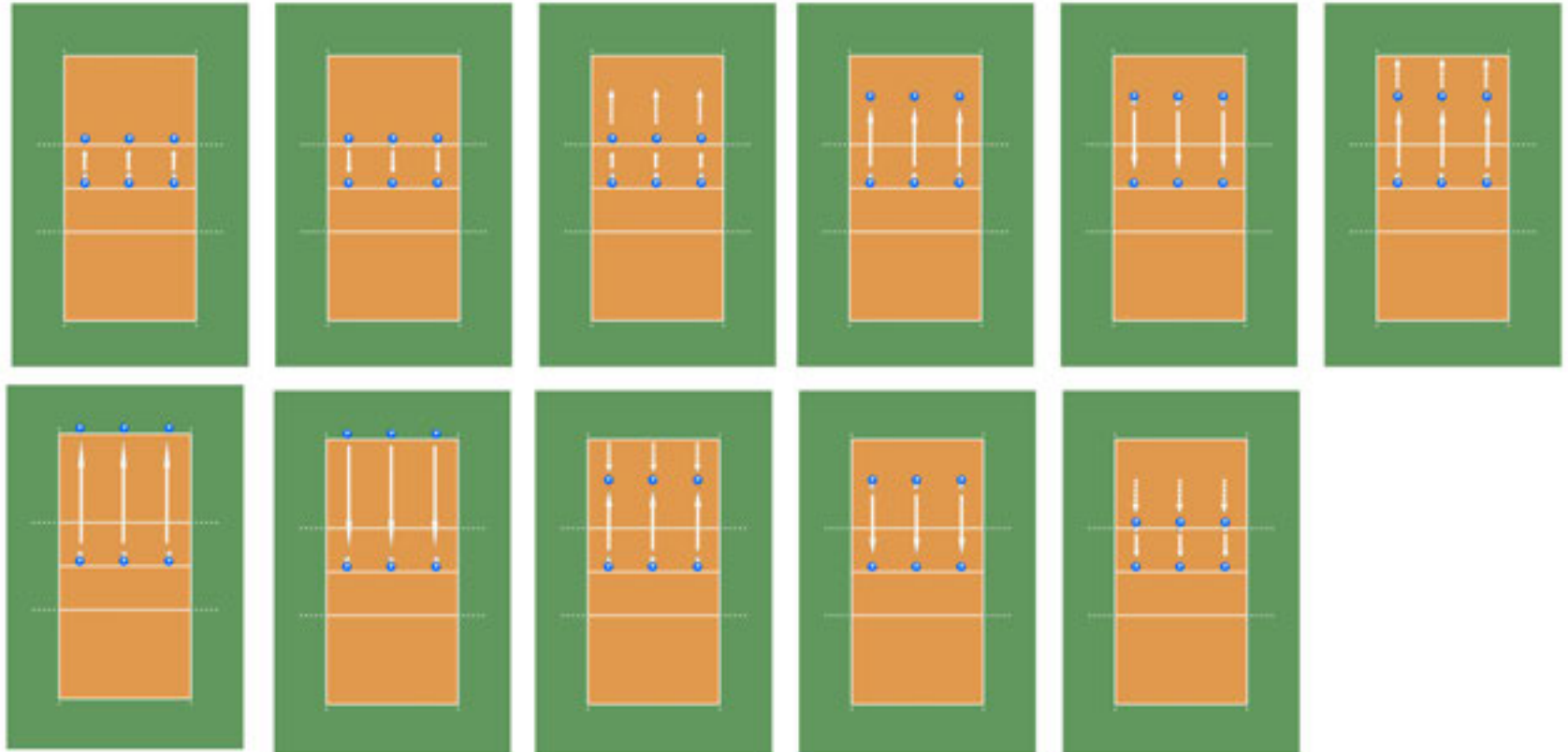
DRILL 2 of 8



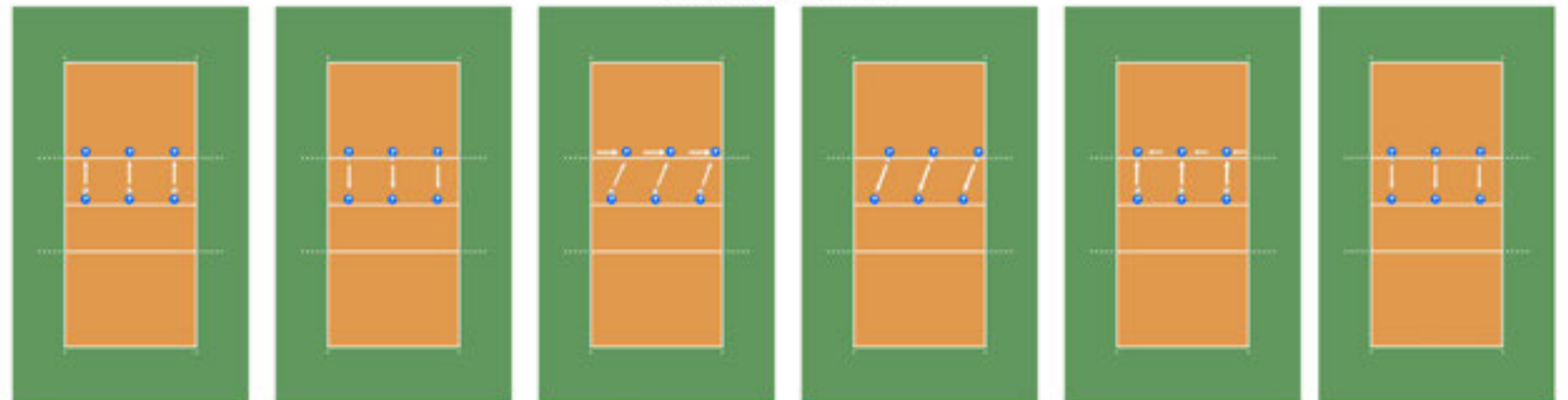
DRILL 3 of 8



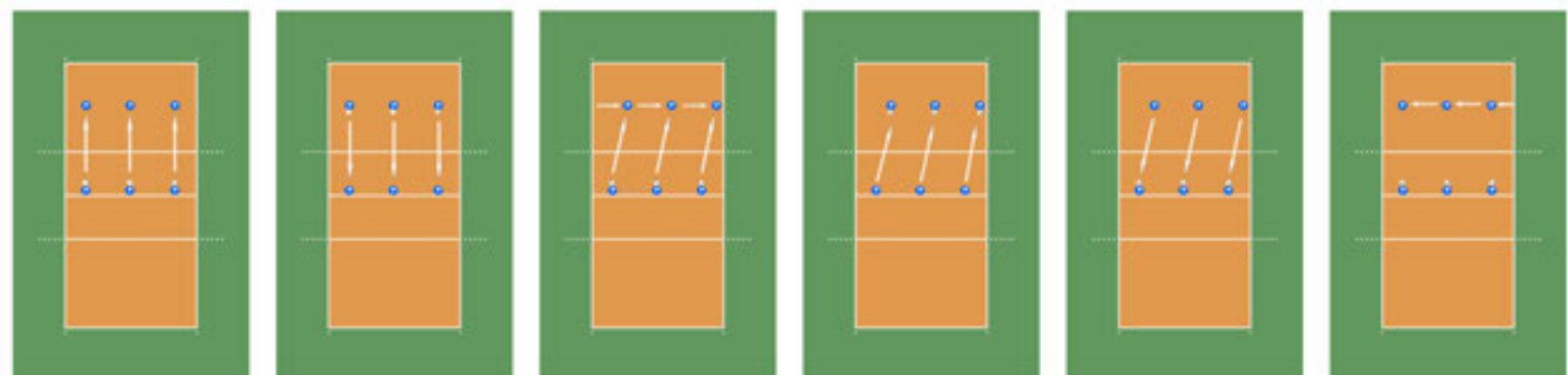
DRILL 4 of 8



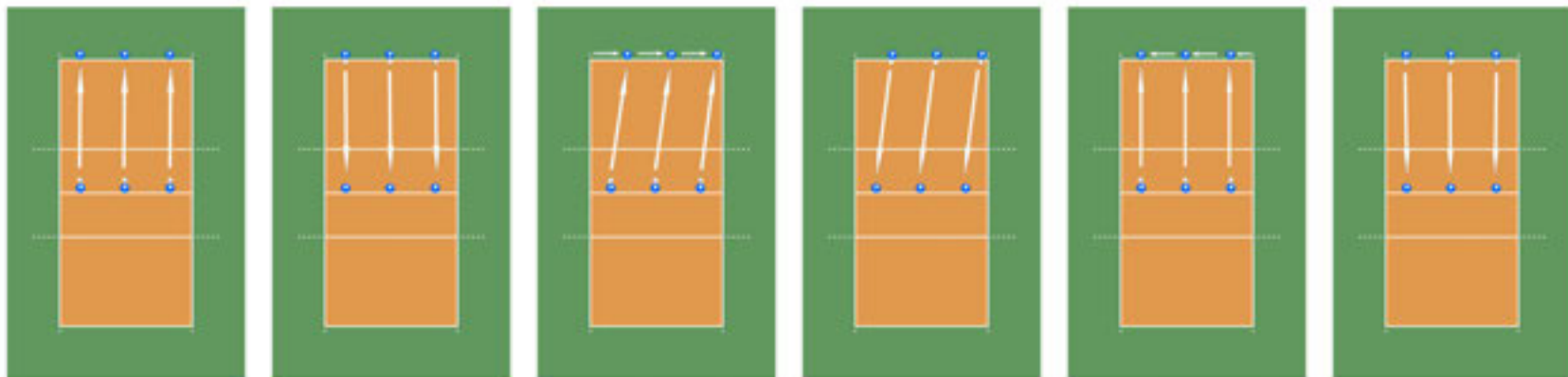
DRILL 5 of 8



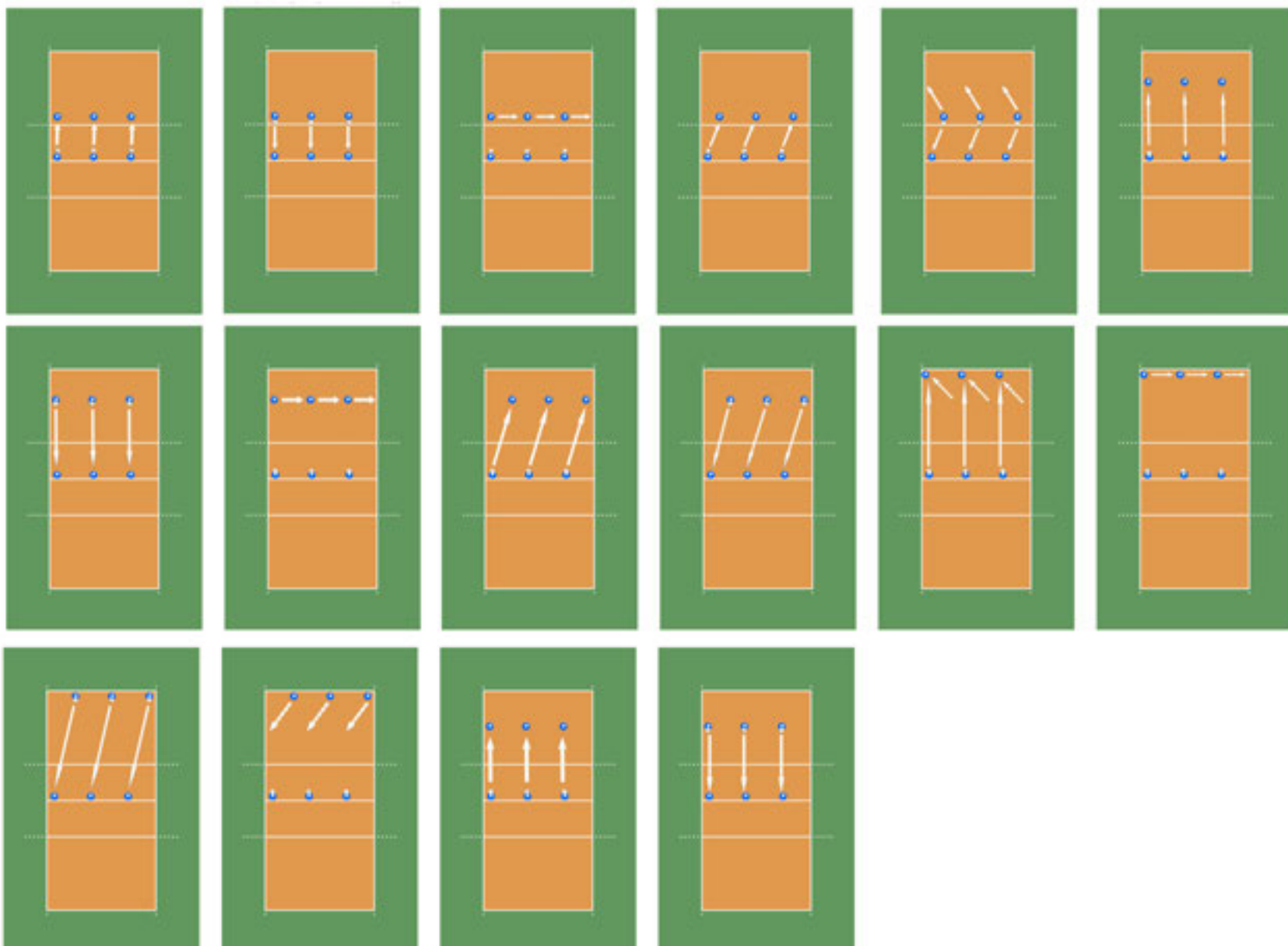
DRILL 6 of 8



DRILL 7 of 8



DRILL 8 of 8

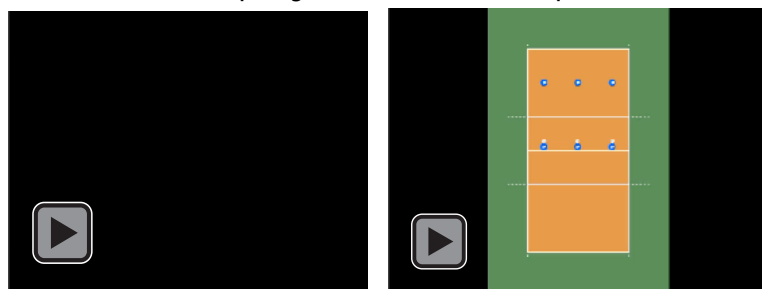


Drill: 1 of 8 Volleyball Passing Drill
1 of 8 for 2 players, 10 Feet Apart



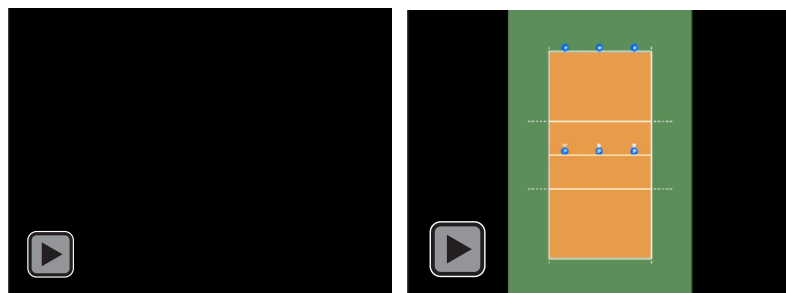
[CLICK HERE FOR HD VERSION](#)

Drill: 2 of 8 Volleyball Passing Drill
2 of 8 for 2 players, 20 Feet Apart



[CLICK HERE FOR HD VERSION](#)

Drill: 3 of 8 Volleyball Passing Drill
3 of 8 for 2 players, - 27-30 Feet Apart



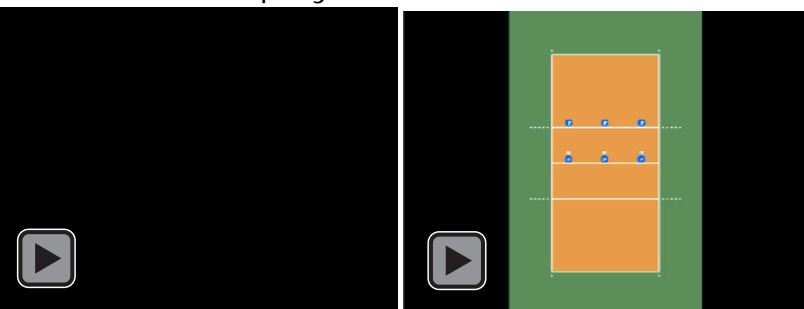
[CLICK HERE FOR HD VERSION](#)

Drill: 4 of 8 Volleyball Passing Drill
4 of 8 for 2 players, - 10, 20, 30 Foot



[CLICK HERE FOR HD VERSION](#)

Drill: 5 of 8 Volleyball Passing Drill
5 of 8 for 2 players, 10 Foot Side to Side



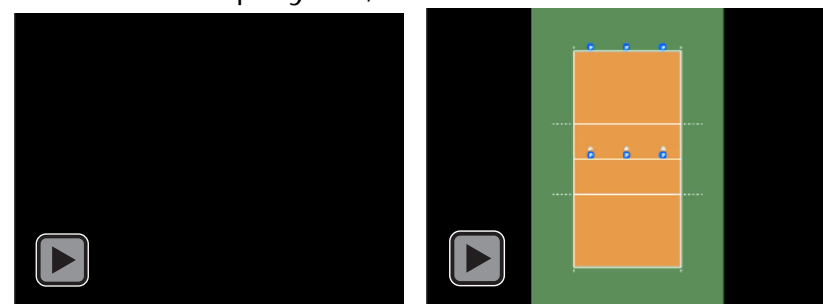
[CLICK HERE FOR HD VERSION](#)

Drill: 6 of 8 Volleyball Passing Drill
6 of 8 for 2 players, 20 Foot Side to Side



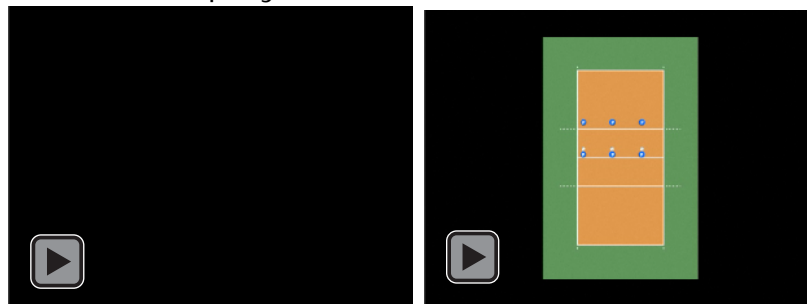
[CLICK HERE FOR HD VERSION](#)

Drill: 7 of 8 Volleyball Passing Drill
7 of 8 for 2 players, - 30 Foot Side to Side



[CLICK HERE FOR HD VERSION](#)

Drill: 8 of 8 Volleyball Passing Drill
8 of 8 for 2 players, Front to back, Side to Side



[CLICK HERE FOR HD VERSION](#)