



Team Volleyball Passing and Swing Hitter Drills

Passing is the most important and fundamental skill in volleyball. When you combine this with hitting a set outside this can be one of the most difficult things to do in the game successfully. This series of team drills will help accomplish both as well as keep your practices fun and moving.

“ What You Tell Your Players

1. These drills will help improve your team passing, offense, and hitting by outsides and opposites.
2. These drills will help improve communication.
3. Being able to pass and swing out and hit a ball in position 2 or position 4 is one of the hardest things to do in the game. These drills will help you do.
4. These drills will help improve setter's stamina.

Session Planner

Time to Complete:	Number of Players:	Player Levels:	Number of Coaches:	Used Warm Up:	Used:	Equipment Additional:
15-30 min	8-20	All	1	YES	Early, Middle Practice	NONE

Activity	Reps	Focus	Additional Notes
Drill:1 Volleyball Passing Drill 1 of 4 for team, - Run to the ball, ball goes between the legs - Player shags ball behind him	3-5 Minutes, rapid fire, cart of balls. Focus on really keeping the players moving, this can act as a really fun good warm up drill.	On moving your feet, calling for the ball. Body position relative to where the ball lands. The ball should bounce between the players legs and continue moving towards baseline, angle toss as needed.	Great Fun Warm up Drill Add numbers to the balls have the players call out the numbers Click Here - VIDEO FLASH DIAGRAM
Drill:2 Volleyball Passing Drill 2 of 4 for team, - Setter sets same side passer - Setter rotating around cone 10 reps - Semi Rapid Fire	5-10 Minutes, cycle through the team a few times, each player can hit a few balls. All setters should be able to cycle through.	Good technique, pushing ball to your target, calling for ball. If you have used smart session 1 drills focus on the finer passing points from these previous drills.	Players are only passing or only hitting. Make sure they have good technique. Make sure hitters are starting from the correct position outside the court Click Here - VIDEO FLASH DIAGRAM
Drill:3 Volleyball Passing Drill 3 of 4 for team, - Setter set opposite side - Good opportunity to work on setters footwork	5-10 Minutes, cycle through the team a few times, each player can hit a few balls. All setters should be able to cycle through.	Good technique, pushing ball to your target, calling for ball. If you have used smart session 1 drills focus on the finer passing points from these previous drills.	Players are only passing or only hitting. Make sure they have good technique. Make sure hitters are starting from the correct position outside the court Click Here - VIDEO FLASH DIAGRAM
Drill:4 Volleyball Passing Drill 4 of 4 for team, - Setter sets the person who passes. - Pass first, hit second. - Concentrate on passing fundamentals	5-10 Minutes, cycle through the team a few times, each player can hit a few balls. All setters should be able to cycle through.	Good progression, for the passers keep the focus on swing hitting. Make sure they focus on passing first and then hitting second. Stop the practice and teach good technique as needed.	Add a cone on the court and have the players try and move around the cone before hitting. Give the players targets that force them away from the obvious shots that their momentum creates. Click Here - VIDEO FLASH DIAGRAM

Variations:

1. Have players serve/toss the ball instead of coach just tossing balls. (Players tossing the ball can be used as warm up)
2. Add middles and give the setter the option to set the middle in drill 2-4, players don't rotate if they set the middle.
3. Change the set, have the setter run alternative sets including; shoots, bananas, 2, back 2, more...
4. Give the hitters targets, deep line, deep angle, sharp angle.
5. Change the tempo; increase the speed of the drill, your only limited should be how fast the setter can rotate the cone.



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Where It Fits!

Players Skills: Serve receptions, passing, defense, transition, and free ball reception, also offense and hitting practice for outsides and opposite hitters.

In Practice: Use early middle of practice, early season.

Other Smart Sessions Covering this Area:

1 - High Rep Warm Up Volleyball Passing Drills

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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
- 5. Swing Hitting: Focus on getting outside the court in good ready hitting position.**

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

Swing Hitting

1. Go, Go, Go, get outside the court.

Instructional Volleyball Videos on Passing:

Instructors

Indoor Passing

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.

Videos

1 Video Teaching Form

5 Videos on Passing

9 Videos on Passing

6 Videos on Passing

Indoor Hitting and Swing Hitting

Andor Gyulai – Volleyball Spiking, Volleyball Spiking Approach

Logan Tom - Volleyball Spiking

Mike Diehl - Volleyball Hitting

David Fischer - Volleyball Spiking

6 Videos on Volleyball Spiking

6 Videos on Spiking Approach

5 Videos on Volleyball Spiking

6 Videos Right Side Hitting

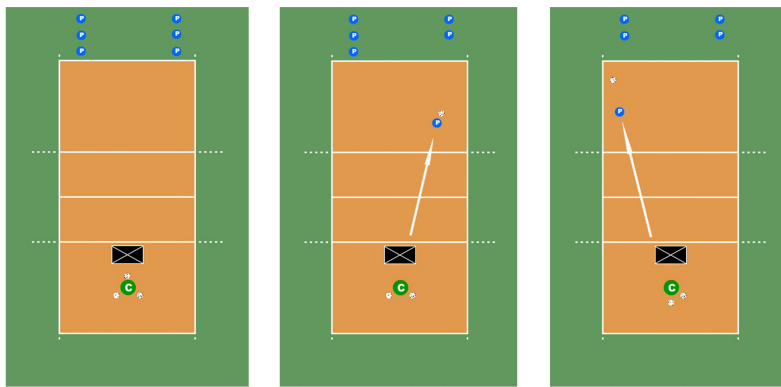
6 Videos Left Side Hitting

6 Videos Back Row Hitting

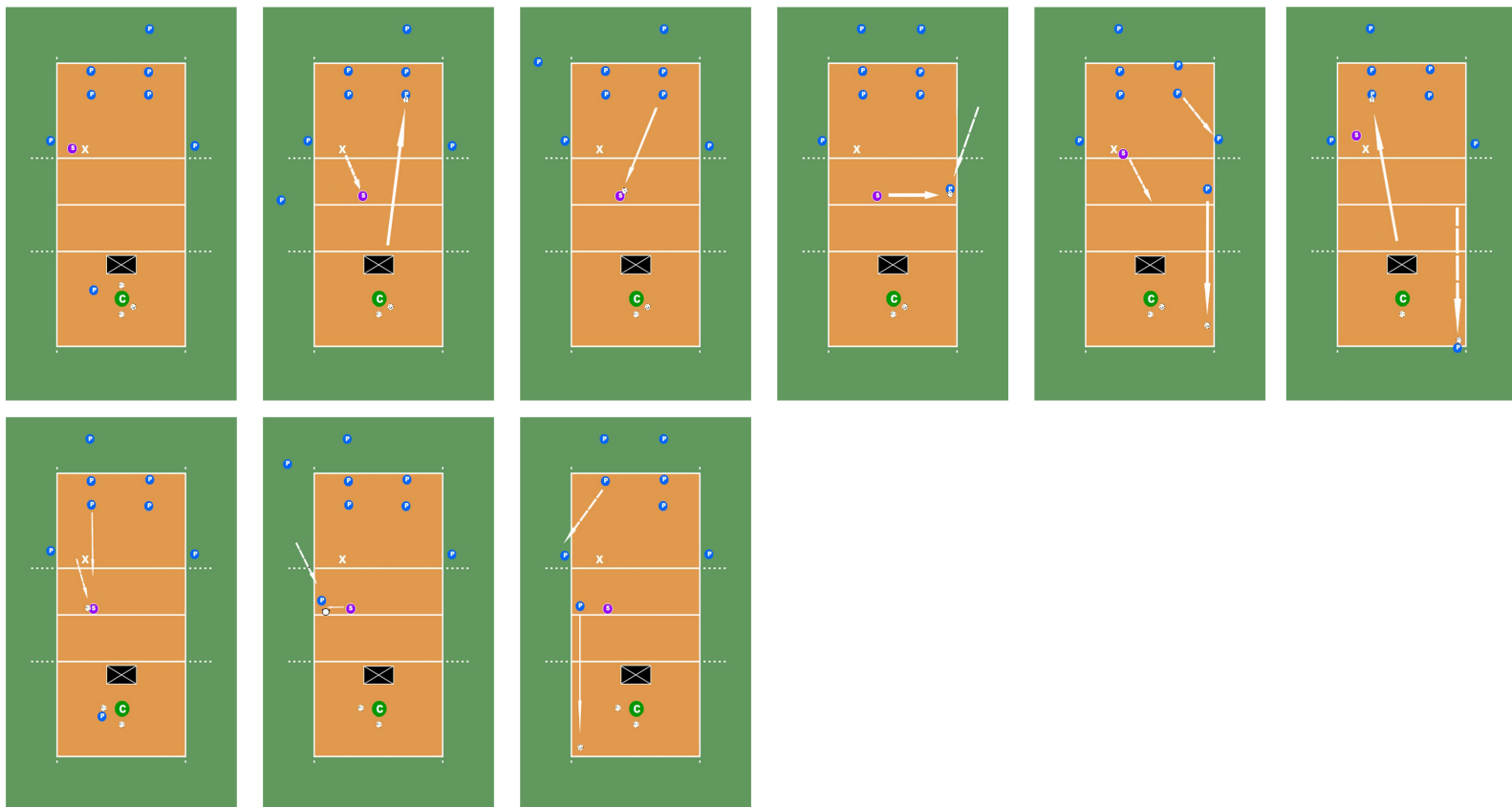
6 Videos on Spiking



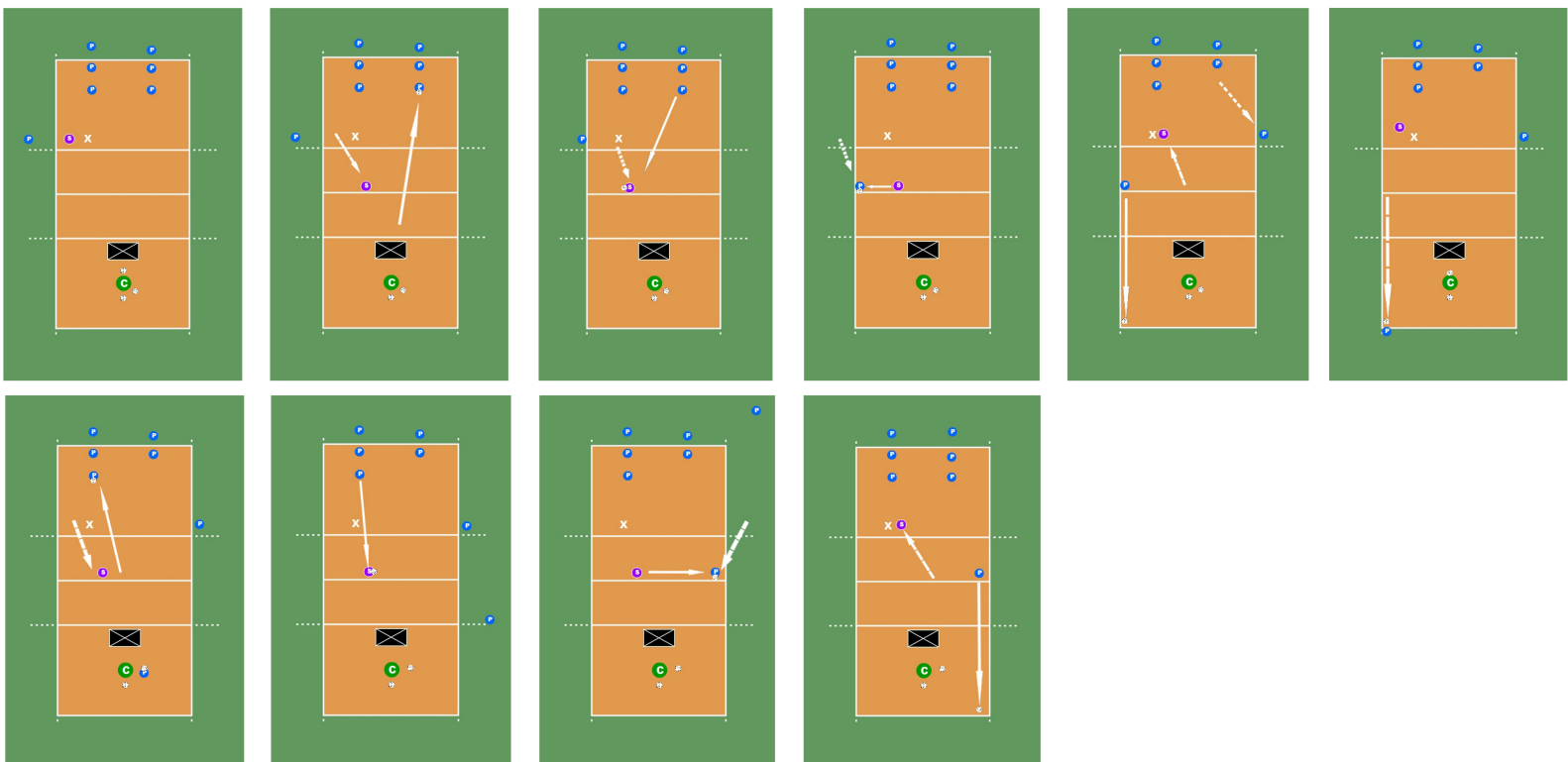
DRILL 1 OF 4



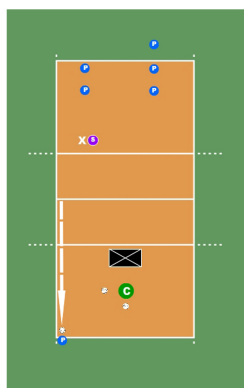
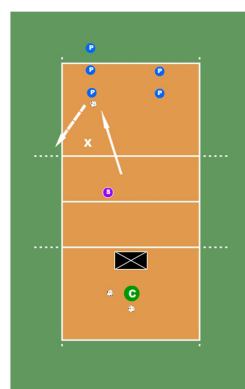
DRILL 2 OF 4



DRILL 3 OF 4



DRILL 4 OF 4



Drill: 1 Volleyball Passing Drill 1of 4 for Team



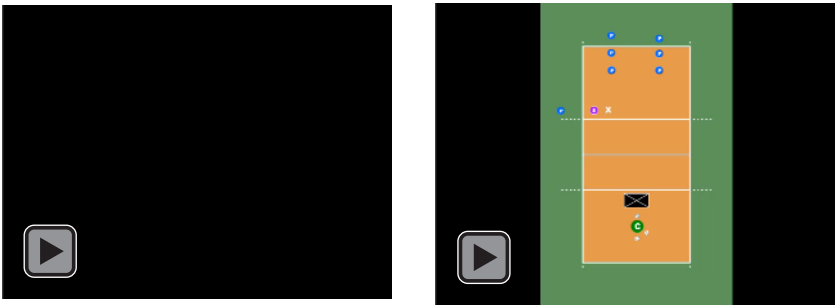
CLICK HERE FOR HD VERSION

Drill: 2 Volleyball Passing Drill 2 of 4 for Team



CLICK HERE FOR HD VERSION

Drill: 3 Volleyball Passing Drill 3 of 4 for Team



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Drill: 4 Volleyball Passing Drill 4 of 4 for Team



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