

Warm Up:

Set Routine

- Warm Up Activity –Ball Control Activity
- Physical Warm Up – Yoga Activities

Forearm Passing

- 50 passes to themselves
- Ball Drop – In pairs - one on ground and other dropping it down to them and passing back up high to partner standing up.
- Bench Pass – in pairs one sitting on bench, other partner throws ball to the passer sitting down who then stands up in ready position and passes ball back to thrower.
- Passing in Pairs - One throwing and one passing (first throwing to them and then to the sides of passer).
- Passing Matrix – Partner throws ball under arm to left and right side of passer and then throws overarm – for tip in front and the one up high for overhead pass (4 moves in a row).
- Turn then Pass – In groups of three, one athlete is passing and two are throwing. The three athletes are in a line - the passer is in the middle and the throwers are on each end. The aim is for passer to pass ball after the thrower has thrown it to them. Once they pass ball back to thrower they turn around and get ready for the other thrower to throw ball for them to pass.
- Passing Holding Ball – One throwing (thrower) and one holding a volleyball (passer). Thrower throws volleyball to the passer who has to quickly put the ball they have in their hands on the ground before they pass the thrown ball back to the thrower. Switch every 20 contacts.
- Two Person Short/Long Passes - In pairs with one player on the net and the other moving between the baseline and attack line to pass a short and then a long pass. The person on the net always sets the ball and their partner moves from the baseline to the attack line to pass the short set and then moves back to the baseline to pass the long set. Switch every 10 contacts.
- Hit and Turn – P1 slaps ball in hand and then P2 turns as P1 spikes ball at P2 who passes ball back to P1. (Completing 10 then swap).
- Lay and Up – P1 slaps ball in hand and then P2 gets up from laying on stomach and P1 spikes ball at P2 who passes ball back to P1. (Completing 10 then swap).
- Passing Laps – In groups of 6 and passing the ball across the court.

Overhead Passing

- Partner throws ball overarm straight to passer then throwing to the side of passer. Passer sets ball back. (Sets of 10).

Serving

- Float serves over net - (Coaches checking technique and action).
- Serving under elastic

Warm Down

- Walk/Skip
- Lunges (fwd, bwd and swd)
- Legs Swings
- Back Mobilisation
- Stretching

Focuses/Aims:

*“Ready Position” Wide, Low, Long.
Receive in front of body.
Midline pass.
Early platform, fast feet.
Flat Platform/ Wrist and Hips to target.
Slow Contact.
Hold the Shape.*

*Eyes under the ball.
Similar hands and follow through to the target.*

*Correct toss (ball in line with serving shoulder).
High hand with point of contact.
Aim for certain area on court (seam between the passer).
Take your time.
Use your Routine*

<p>Warm Up: Set Routine</p> <ul style="list-style-type: none"> • Warm Up Activity –Ball Control Activity • Physical Warm Up – Yoga Activities <p>Forearm Passing</p> <ul style="list-style-type: none"> • <u>50 passes to themselves</u> • <u>Ball Drop</u> – In pairs - one on ground and other dropping it down to them and passing back up high to partner standing up. • <u>Bench Pass</u> – in pairs one sitting on bench, other partner throws ball to the passer sitting down who then stands up in ready position and passes ball back to thrower. • <u>Passing Matrix</u> – Partner throws ball under arm to left and right side of passer and then throws overarm – for tip in front and the one up high for overhead pass (4 moves in a row). • <u>Passing Holding Ball</u> – One throwing (thrower) and one holding a volleyball (passer). Thrower throws volleyball to the passer who has to quickly put the ball they have in their hands on the ground before they pass the thrown ball back to the thrower. Switch every 20 contacts. • <u>Passing Lanes</u> – Three in a group one serving over net one passing and one catching. First – Start deep serve deep, Second – Start deep short serve, Third – Start short move back. • <u>Two Person Short/Long Passes</u> - In pairs with one player on the net and the other moving between the baseline and attack line to pass a short and then a long pass. The person on the net always sets the ball and their partner moves from the baseline to the attack line to pass the short set and then moves back to the baseline to pass the long set. Switch every 10 contacts. • <u>Passing Shuffle</u> - Two players line up on the baseline facing each other approximately 6 to 8 meters apart. The players forearm pass to each other while they shuffle step from the baseline to the net. Once the first group is half way to the net the next group starts behind them. You can have one player set and one pass, both players pass low, both players pass high. Have them continue under the net to the baseline on the other side. • <u>Hit and Turn</u> – P1 slaps ball in hand and then P2 turns as P1 spikes ball at P2 who passes ball back to P1. (Completing 10 then swap). • <u>Lay and Up</u> – P1 slaps ball in hand and then P2 gets up from laying on stomach and P1 spikes ball at P2 who passes ball back to P1. (Completing 10 then swap). <p>Overhead Passing</p> <ul style="list-style-type: none"> • Partner throws ball overarm straight to passer then throwing to the side of passer. Passer sets ball back. (Sets of 10). <p>Serve Reception:</p> <ul style="list-style-type: none"> • <u>Butterfly</u> – One each side of the court x 1 serving, x 2 passing, x 1 setter and x 1 catching. Start with serve who serves it to passer who passes it up to setter and then setter sets it out to catcher. • <u>5 and 1</u> – Coaches serve (float serve or topspin) at athletes in position 1 and 5 who pass it up to setter who catches it. (Rotate through). • <u>Full Court Serve Receive</u> – Groups of 6 -7 x 2 Serving x 3 passing and x 1 catcher (Full court serve). <p>Warm Down</p> <ul style="list-style-type: none"> • Walk/Skip • Lunges (fwd, bwd and swd) • Legs Swings • Back Mobilisation • Stretching 	<p><i>Focuses/Aims:</i></p> <p><i>“Ready Position” Wide, Low, Long. Early platform, fast feet. Platform/ Wrist to target. Lock elbow Platform flat base. Slow Contact. Hold the Shape Receive in front of body. Midline pass.</i></p> <p><i>Eyes under the ball. Similar hands and follow through to the target.</i></p> <p><i>Platform to target. Balanced position. Quick movement. Receive in front of the body.</i></p>
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Warm Up:

Set Routine

- Warm Up Activity –Ball Control Activity
- Physical Warm Up – Yoga Activities

Setting:

- 50 sets to themselves
- Athletes lay on back and set ball to themselves.
- Stomach Set – Laying on their stomachs athletes set the ball to one other about 9 meters apart. (Volleyball rolls along the ground).
- Ball Drop – In pairs - one on ground and other dropping it down to them and setting back up high to pair standing up.
- Setting in Pairs - One throwing and one setting (first throwing to them and then to the sides of setter).
- Close- Middle-Setting Reps – Close – 1m apart, Middle – 4 -5m apart, 2 touch (set to self, set to partner).
- Up –Down –Up – Each athlete has volleyball and they start setting to themselves and the athlete must go to ground and lay on their back, continuing to set ball and then whilst continuing to set athlete must try and stand up.
- Turn then Set – In groups of three, one athlete is passing and two are throwing. The three athletes are in a line, the setter is in the middle and the throwers are on each end. The aim is for setter to set ball after the thrower has thrown it to them. Once they set ball back to thrower they turn around and get ready for the other thrower to throw ball for them to set.
- Two Person Long/Short Set -The player on the net alternates between setting the ball short (3-4 meters) and long (baseline). The player moving short and long must set every contact back to the player on the net.
- Caterpillar - Groups of 5 or 6 players in a line either perpendicular to the net or parallel to the net. The player at the front of the line sets the ball straight up above themselves and retreats to the back of the line, the second player in line gets under the ball and sets it straight up for the third player and so on.
- Four Setting – Four athletes stand in a line about three meters apart and complete a pattern. Athletes will continue to swap and every three minutes.
- Four Corner Setting – Athletes are in groups of five and they make a square, with one athlete standing next to the athlete starting with the ball. Athletes set ball in square motion and they follow where they set ball with athlete on side coming into where ball started. (Athletes continue rotating through).
- Highball Setting – Athletes divided in two groups either positions #1 and #4 or #5 and #2. Starting with setting meter ball to self then setting it to opposite position (eg. #1 sets to #4). Next variation no meter ball just setting it to opposite position.
- Bounce Set - Coach spikes ball into ground and athlete runs in and sets ball to outside position after the ball has hit the ground. Athletes start in position #1.
- T – Athletes in position 2, 3, 4 and rest in position 6. Set ball from position 6 to 3 and then position sets front to position 4 who sets back to 6 and complete the same thing but position 3 now sets backwards to 2 (Athletes follow where they set the ball).
- Five Person Free Ball – x1 setter at net; x2 two passers in backcourt; x2 in positions #1 and #5. Two balls in play at all times. Ball starts at positions #1 and #5. Ball is tossed to passer, who passes free ball to setter; ball comes from left; setter sets forward; ball comes from right back; setter sets back. Both balls stay in play; all contact overhead.

Fitness:

- BBAS Fitness Circuit

Warm Down

- Walk/Skip
- Lunges (fwd, bwd and swd)
- Legs Swings
- Back Mobilisation
- Stretching

Focuses/Aims:

*Square up to target.
Fast movement to position.
Symmetrical hands (same shape).
Hands follow through to target and finish with arms at full extension.
Hold the shape with elbows and wrists close.*

<p>Warm Up: Set Routine</p> <ul style="list-style-type: none"> • Warm Up Activity –Ball Control Activity • Physical Warm Up – Yoga Activities <p>Forearm Passing:</p> <ul style="list-style-type: none"> • <u>Passing Matrix</u> – Partner throws ball under arm to left and right side of passer and then throws overarm – for tip in front and the one up high for overhead pass (4 moves in a row). • <u>Hit and Turn</u> – P1 slaps ball in hand and then P2 turns as P1 spikes ball at P2 who passes ball back to P1. (Completing 10 then swap). • <u>Passing Lanes</u> – Three in a group one serving over net one passing and one catching. • <u>Cross –Over Drill.</u> • <u>Pepper over the Net</u> – Two teams: Athletes in position # 4, #2½ and #5 on each side. The ball is put in play by coach to either side. The ball is passed, set, and spiked and kept in play as long as possible. Once the ball crosses the net, the attacking team rotates, from the waiting line to position #5, to #2½, to #4 to the waiting line. Position #4 athlete is attacker. <p>Setting:</p> <ul style="list-style-type: none"> • <u>Close- Middle-Far Setting Reps</u> – Close – 1m apart, Middle – 4 -5m apart, 2 touch (set to self, set to partner) and Far 8-9m apart. • <u>Lighting Bolt Setting</u> – Athletes make a triangle. One athlete starts setting to athlete on 45 degrees and athletes continue this moving down the court. (The moving of the ball throughout the drill is like a lightning bolt). • <u>I</u> – Athletes in position 2, 3, 4 and rest in position 6. Set ball from position 6 to 3 and then position sets front to position 4 who sets back to 6 and complete the same thing but position 3 now sets backwards to 2 (Athletes follow where they set the ball). • <u>Caterpillar</u> - Groups of 5 or 6 players in a line either perpendicular to the net or parallel to the net. The player at the front of the line sets the ball straight up above themselves and retreats to the back of the line, the second player in line gets under the ball and sets it straight up for the third player and so on. • <u>Turn then Set</u> – In groups of three, one athlete is passing and two are throwing. The three athletes are in a line, the setter is in the middle and the throwers are on each end. The aim is for setter to set ball after the thrower has thrown it to them. Once they set ball back to thrower they turn around and get ready for the other thrower to throw ball for them to set. • <u>Highball Setting</u> – #1 to #4, #5 to #2 (set then move in for tip) and #3 to #2/#4 alternating. • <u>Highball Setting, Tip Cover and Long Ball</u> – Set #1 to #4 move in for tip, dig up and then sets a high throw to them from #3 to 2 ½. Ball dig from tip is set to #1. <p>Serving:</p> <ul style="list-style-type: none"> • <u>Serve at Targets</u> - Serving with scoring areas (taped). Also use Radar Gun. <p>Warm Down</p> <ul style="list-style-type: none"> • Walk/Skip • Lunges (fwd, bwd and swd) • Legs Swings • Back Mobilisation • Stretching 	<p><i>Focuses/Aims:</i></p> <p><i>“Ready Position” Wide, Low, Long. Early platform, fast feet. Platform/ Wrist to target. Lock elbow Platform flat base. Slow Contact. Hold the Shape Receive in front of body. Midline pass.</i></p> <p><i>Square up to target. Fast movement to position. Symmetrical hands (same shape). Hands follow through to target and finish with arms at full extension. Hold the shape with elbows and wrists close.</i></p> <p><i>Correct toss (ball in line with serving shoulder). High hand with point of contact. Aim for certain area on court (seam between the passer). Take your time. Use your Routine.</i></p>
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<p>Warm Up: Set Routine</p> <ul style="list-style-type: none"> • Warm Up Activity –Ball Control Activity • Physical Warm Up – Yoga Activities <p>Ball Control:</p> <ul style="list-style-type: none"> • Two Touch and Over • Two Touch and Over (Straight and Cross Court) • Three Touch and Over • Three Touch and Over (Straight and Cross Court) <p>Station 1 - Setting:</p> <ul style="list-style-type: none"> • <u>Close- Middle-Far Setting Reps</u> – Close – 1m apart, Middle – 4 -5m apart, 2 touch (set to self, set to partner) and Far 8-9m apart. • <u>Set and Turn</u> – Set ball to partner who sets ball to themselves and then turns and back sets to partner. • <u>Setting from the back-row</u> - Coaches tosses the ball into the backcourt for athlete in Position 6 to run to and then set to Position 4 where spiker will make a spike approach and spike the ball. Spiker goes and collects ball and then goes to the end of the back row setting line and athlete who set ball goes to the end of the spiking line. Change positions every 5 mins for example from position 6 to position 1. <p>Station 2 - Forearm Passing/Defence:</p> <ul style="list-style-type: none"> • <u>Rotating Defence</u> – A passer is in position #1, #6 and #5. The coach is in position #2 spiking at the passers who aim to get a defence up and one of the two setters set the ball to the outside position where the spikers spikes the ball over the net against the blockers. Once passers get defence up they move right. Position #1, to #6, #6 to #5 and #5 to spiking. An athlete from the sideline will move into position #1. Change setters and blockers every couple of minutes. • <u>Defence Up and Set</u> - Passer moves to the ball makes a defensive up, then they have to move quickly and set the ball to Position 4. <p>Station 3 – Forearm Passing - Serve Reception:</p> <ul style="list-style-type: none"> • <u>5 and 1</u> – Coaches serve (float serve or topspin) at athletes in position 1 and 5 who pass it up to setter who sets it to position 4 (Rotate through). • <u>Servers vs. Passers (15 v 7)</u> - Every time the passers pass a 3 pass a point is awarded to them. Every time the serving team causes a zero pass (error) they get a point. The passing team has to get to 15 before the serving team gets to 7. Switch teams and go again. Each time you switch make sure there are 3 new passers on the court. • <u>Full Court Serve Receive</u> – Groups of 6 -7 x 2 Serving x 3 passing and x 1 catcher (Full court serve). <p>Station 4 - Serving</p> <ul style="list-style-type: none"> • <u>Float serves over net</u> - (Coaches checking technique and action). • <u>Serving under elastic</u> – (use Radar Gun). • <u>Serve at Targets</u> - Serving with scoring areas (taped). Also use Radar Gun. <p>Warm Down</p> <ul style="list-style-type: none"> • Walk/Skip • Lunges (fwd, bwd and swd) • Legs Swings • Back Mobilisation • Stretching 	<p><i>Focuses/Aims:</i></p> <p><i>Square up to target. Fast movement to position. Symmetrical hands (same shape). Hands follow through to target and finish with arms at full extension. Hold the shape with elbows and wrists close</i></p> <p><i>Wide, Low, Long Balance forward. Stationary at hit. Contact ball in front of body. Get the ball 'high and forward'. Attitude! No hesitation!</i></p> <p><i>"Ready Position" Wide, Low, Long. Early platform, fast feet. Platform/ Wrist to target. Lock elbow Platform flat base. Slow Contact. Hold the Shape Receive in front of body. Midline pass.</i></p> <p><i>Correct toss (ball in line with serving shoulder). High hand with point of contact. Aim for certain area on court (seam between the passer). Take your time. Use your Routine.</i></p>
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Serve Reception:

- Passing Lanes – Three in a group one serving over net one passing and one catching. First – Start deep serve deep, Second – Start deep short serve, Third – Start short move back. Using three courts athletes will rotate around. Court 1 – Athletes standing and serving. Court 2 – Athletes standing on Boxes and serving. Court 3 – Serving Machine (float and topspin).
- Perfect Passing – Two groups working on the same court. X1 passing, x1 catching and x2 serving. Servers serve at the passer aiming to pass a perfect pass, if they pass a perfect pass they get a point the passer first to three points wins. Swap after 5mins.
- Full Court Serve Receive – x 2 serving x 3 passing, x 1 setter and x 1 catcher (Full court serve).

Spiking:

- Spiking into wall (getting correct action).
- Hitting Technique – Hitting across court to partner. Hit ball to travel 7-8 meters. (High, Long, Strong).
- Spiking to Partner - In pairs spiking over the net. Standing about 5 meters from the net.
- Throw and Hit - Throwing to up themselves and spiking over the net. Athlete jumping from the 3-meter line.
- Box Hitting – Athlete standing on box and spiking ball thrown to them by coach. (Athletes have about 15 spikes).
- Hit from Toss – Coach tosses ball to position #4 and #2 and athletes transition and hit ball. Coach tosses ball to position #3 with athletes starting on the three-meter line then transition in and spike ball. (Coaches talk about spiking transition).
- Bounce and Run – Athletes bounce ball to coach and they transition in and as coach throws ball up athletes spike ball.
- Hit from Set - Start with serve or free from coach with passer passing to setter who sets to spiker and spiker hits into the court (Aiming for position 1 and 5) x 3 passing, x 1 setting and x 4 spiking. Changing where spikers are hitting from #2, #3, #4 and #6 every 5 mins.
- Multiple –Toss Hitting – Coaches will throw ball with athlete spiking ball. As coach throws, spiker transitions and spikes ball then moves back and then coach throws another ball and athlete spikes again this continues until athlete hits 15 balls into court.

Warm Down

- Walk/Skip
- Lunges (fwd, bwd and swd)
- Legs Swings
- Back Mobilisation
- Stretching

Focuses/Aims:

*Platform to target.
Balanced position
(Posture)
Quick movement.
Track the ball.
Receive in front of the
body.
Stay Low*

*Aim High, Long,
Strong
Target arm
Control "big hand"
with wrist snap
Explosive last step and
jump: power and
speed.
Height... best jump/
max. height/ max
reach.*

Warm Up:

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Setting:

- Close- Middle-Far Setting Reps – Close – 1m apart, Middle – 4 -5m apart, 2 touch (set to self, set to partner) and Far 8-9m apart.
- Five Person Free Ball – x1 setter at net; x2 two passers in backcourt; x2 in positions #1 and #5. Two balls in play at all times. Ball starts at positions #1 and #5. Ball is tossed to passer, who passes free ball to setter; ball comes from left; setter sets forward; ball comes from right back; setter sets back. Both balls stay in play; all contact overhead.
- 4 Corners – Position 5 athlete sets to Position 2 athlete who sets to Position 4 athlete who sets to Position 1 athlete who then sets back to the start Position 5 athlete. As soon as you set you go to the end of your line (in your corner) or follow the ball and go to next station. For more advanced groups introduce a 2nd ball.
- Four Setting – Four athletes stand in a line about three meters apart and complete a pattern. Athletes will continue to swap and every three minutes.
- Highball Setting, Tip Cover and Long Ball – Set #1 to #4 move in for tip, dig up and then sets a high throw to them from #3 to 2 ½. Ball dig from tip is set to #1.
- Set Behind – One setting in the middle and two throwing, one in front and one behind. Athlete setting either sets in front or sets behind.
- Set and Turn – Set ball to partner who sets ball to themselves and then turns and back sets to partner.
- T – Athletes in position 2, 3, 4 and rest in position 6. Set ball from position 6 to 3 and then position sets front to position 4 who sets back to 6 and complete the same thing but position 3 now sets backwards to 2 (Athletes follow where they set the ball).

Spiking:

- Spiking into wall - (Focus - high hand and target arm).
- Box Hitting – Athlete standing on box and spiking ball thrown to them by coach. (Athletes have about 15 spikes).
- Working on transition - (Pretending to spike and transition in and throw tennis ball).
- Spiking with athletes throwing ball up to themselves and hitting over the net (Athletes spiking from about the three meter line).
- Hit from Toss – Coach tosses ball to position #4 and #2 and athletes transition and hit ball. Coach tosses ball to position #3 with athletes starting on the three-meter line then transition in and spike ball.
- Bounce and Run – Athletes bounce ball to coach and they transition in and as coach throws ball up athletes spike ball.
- Hit from Set - (Video Analysis) Start with athletes throwing ball to setter who sets to spiker and spiker hits into the court (Aiming for position 1 and 5). x 2 setting and x 2 spiking. Changing where spikers are hitting from position #2, #3, #4 and #6 every 5 mins.
- Multiple –Toss Hitting – (Video Analysis) Coaches will throw ball with athlete spiking ball. As coach throws spiker transitions and spikes ball then moves back and then coach throws another ball and athlete spikes again this continues until athlete hits 15 balls into court.
- Four Hits – x1 athlete spiking, x 1 passing, x1 setter, x2 on spiking box, x 1 serving. Both the passer and the hitter set up for serve reception and either pass the ball up to the setter who sets it out to the hitter who transitions to spike. Then the hitter makes a move defensively for a cross court ball and passes it up to the setter who sets it out to the hitter again who transitions and spikes, then the hitter is up on the net and blocks spiker on box who will spiker the ball to the pass and finally the pass and the hitter receive a free ball which is passed up and the setter sets to spikers. Complete three times then switch.

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- Walk/Skip
- Back Mobilisation
- Stretching

Focuses/Aims:

*Square up to target.
Fast movement to position.
Symmetrical hands (same shape).
Hands follow through to target and finish with arms at full extension.
Hold the shape with elbows and wrists close.*

*Aim High, Long, Strong
Target arm
Control “big hand’ with wrist snap
Explosive last step and jump: power and speed.
Height... best jump/
max. height/ max reach.*

Warm Up:

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Forearm Passing:

- Passing Matrix – Partner throws ball under arm to left and right side of passer and then throws overarm – for tip in front and the one up high for overhead pass (4 moves in a row).
- Cross Over Drill.
- Over the Net Pepper and Cross Over

Blocking:

- Blocking on a wall
- Blocking at net
- Blocking a held ball - Coaches stand on one side of the net and hold a ball above the net and slightly on their side of the net. The blockers practice putting both of their hands over the net and onto the ball.
- Bulgarian Blocking Drill
- Spike and Block – In pairs, one athlete blocking and one athlete spiking. The athlete spiking aims to hit into block.
- Box Block – Coaches spike balls into the athletes block as they stand on box. (Athletes aiming to penetrate over net and get hands right).
- Block, Reload, Block again - (Have three spiking in position 2, 3 and 4 on one side and on the other side of the net you have a blocker blocking each spiker.
- Hit against the Block – Have three blocks on one side and on the other side are spikers in position #2, #3 and #4. Spiker throws ball up through the middle position #3 and blocker tries to block it and then blocker moves to position #2 or #4 and joins other blocker and spiker throws ball up and spikes it with blocker trying to block spike. Change blocker every 3 mins.
- Read the Hitter - One athlete is positioned directly behind the blocker on the same side of the net, standing on about the 3-meter line. A spiker is positioned across the net and opposite the blocker, near the opposite 3-meter line. The athlete behind the blocker tosses a ball over the net, directly over the blocker's head (like an overpass) so the spiker can hit the ball back into the blocker's side of the court. The blocker must 'read' the actions of the hitter and attempt to block the ball.
- Blast the Seam – Coaches throwing balls to setter who sets it up to spiker with blockers aim to block the spiker.

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- Lunges (fwd, bwd and swd)
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Focuses/Aims:

*“Ready Position”
Wide, Low, Long.
Early platform, fast feet.
Platform/ Wrist to target.
Lock elbow
Platform flat base.
Slow Contact.
Hold the Shape
Receive in front of body.
Midline pass.*

*Sequence - Ball - Player.
Front the hitter – Line up on the angle of approach.
Penetrate over net.
Quick movement.
Correct timing.
Hard hands.*

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Ball Warm – Up:

- Throw
- Hit: Dig
- Pepper

Game Play:

- Mini Games - 4 vs. 4. Have rounds with different situations (athletes keep points).
- Win Three and Rotate – Six on court both sides. Starting with a serve, athletes must get an attack and hit winner into court and not position 6. If win, coach will spike ball into court and they must get attack and hit winner. If they win they get free ball and must get another attack. If six on court lost any of the three points they go back to serve and don't rotate however if they win all three they rotate one position.
- Best of Five– Six on court both sides. Starting with a serve from either side. Athletes play the point from the serve, the team that wins the point gets a free ball and the teams play out the point. This continues until 5 points have been played and team with the most point wins. Once 5 points are over both teams rotate.
- 21 vs. 23 - Team starting on 21pts is receiving. Play to 25pts. Play best 3 out of 5 or 5 out of 7.
- 2 minute Frenzy - Keep putting freeballs into Team A for 2/3 minutes and keep points that they score. After allotted time switch to Team B and keep track of their points.
- 3 in a Row - 6 v 6 drill. Coach initiates freeballs into the drill until one team wins three in a row. The team that wins three in a row has then earned the right to serve and serves with the score at 15-14 (5th set) in their favor. Play regular volleyball until there is a winner. If the team that won the three in a row wins the serving game then they get a big point, if the other teams wins the regular game then no big point and they receive the first freeball in the new game.
- Normal Game – Athletes play normal volleyball game for the rest of the session.

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Focuses/Aims:

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Ball Warm – Up:

4. Throw
5. Hit: Dig
6. Pepper

Spiking Warm Up:

- Spiking from position #4, #2 and #3 for the middles.

Serving Warm Up:

- Athlete having to serve 5 serves in before they get drink.

Game Play:

- Win Three and Rotate – Six on court both sides. Starting with a serve, athletes must get an attack and hit winner into court and not position 6. If win, coach will spike ball into court and they must get attack and hit winner. If they win they get free ball and must get another attack. If six on court lost any of the three points they go back to serve and don't rotate, however if they win all three they rotate one position.
- Best of Five – Six on court both sides. Starting with a serve from either side. Athletes play out the point from the serve, the team that wins the point gets a free ball and the teams play out the point. This continues until 5 points have been played and team with the most point wins. Once 5 points are over both teams rotate.
- Normal Game – Athletes play normal volleyball game for the rest of the session. (Coaches will pause game throughout to talk to team or show athlete's correct position, movement or technique).

Warm Down:

- Walk/Skip
- Lunges (fwd, bwd and swd)
- Legs Swings
- Back Mobilisation
- Stretching

Focuses/Aims:

Australian Option Blocking Systems:

Walk through the Option Blocking System of Australian Junior Volleyball Squad. Focus mainly on Option 4, 2 and 3. Go through all the different situations and what each player on the court will be doing. Also provide the athletes with a hand out of the systems information so they can continue to go over it.

Warm Up:

Set Routine

- Warm Up Activity –Ball Control Activity
- Physical Warm Up – Yoga Activities

Spiking & Defence:

- Hitting Technique – Hitting across court to partner. Hit ball to travel 7-8 meters. (High, Long, Strong).
- Multiple –Toss Hitting – Coaches will throw ball with athlete spiking ball. As coach throws spiker transitions and spikes ball then moves back and then coach throws another ball and athlete spikes again this continues until athlete hit 15 balls into court.
- Hit from Set - Start with serve or free from coach with passer passing to setter who sets to spiker and spiker hits into the court (Aiming for position 1 and 5) x 3 passing, x 1 setting and x 4 spiking. Changing where spikers are hitting from #2, #3, #4 and #6 every 5 mins.
- Spike against Blocker – There is 6 on one side and three blockers on the other side of court. The drill starts with a down ball to the side with six on court they have to try to set up an attack and not get blocked by the spikers. Change over after every 10 down balls. To change drill after completing first attack you can get the setter to set a highball to the spiker and make them spike a highball against the blockers.
- Pass then Spike – Start with a serve the passer passes ball to setter who then sets to and the passer must transition and spike ball.
- Four Hits – x1 athlete spiking, x 1 passing, x1 setter, x2 on spiking box, x 1 serving. Both the passer and the hitter set up for serve reception and either pass the ball up to the setter who sets it out to the hitter who transitions to spike. Then the hitter makes a move defensively for a cross court ball and passes it up to the setter who sets it out to the hitter again who transitions and spikes, then the hitter is up on the net and blocks spiker on box who will spiker the ball to the pass and finally the pass and the hitter receive a free ball which is passed up and the setter sets to spikers. Complete three times then switch.
- Rotating Defence – A passer is in position #1, #6 and #5. The coach is in position #2 spiking at the passers who aim to get a defence up and one of the two setters set the ball to the outside position where the spikers spikes the ball over the net against the blockers. Once passers get defence up they move right. Position #1, to #6, #6 to #5 and #5 to spiking. An athlete from the sideline will move into position #1. Change setters and blockers every couple of minutes.
- Plus 7 Spiking – One passer/hitter and a setter on one side of the net with two passer/hitters waiting on side of court, with a full team on the opposite side of the net. Passer/hitter passes down ball to the setter and then transitions and spikes set from setter. A spike, which results in kill or hit off block is worth one point to attacking team, a spike passed up by defending team with setter setting it up results in one point to defending team. Spiking out of court, or being blocked results in one to defending team. First to 7 wins.
- Hitting efficiency drill - The goal here is for hitters from a 4-player side to rack up a good hitting efficiency in 10 attempts against a 6-person team that's playing defense. The fewer errors, the better, but that doesn't mean just tip or roll shots into the court to keep the ball in. Aggressive hitting is what produces kills, so heat and good placement is also important. With the odds stacked against them, the hitters have to figure out how to put the ball down and how to cover to get more than one swing if they don't get a kill on the first shot.

Warm Down:

- Walk/Skip
- Lunges (fwd, bwd and swd)
- Legs Swings
- Back Mobilisation
- Stretching

Focuses/Aims:

*Aim High, Long, Strong
Target arm
Control "big hand" with wrist snap
Explosive last step and jump: power and speed.
Height... best jump/ max. height/ max reach.*

*Wide, Low, Long
Balance forward.
Stationary at hit.
Contact ball in front of body.
Get the ball 'high and forward'.
Attitude!
No hesitation!*

Warm Up:

Set Routine

- Warm Up Activity –Ball Control Activity
- Physical Warm Up – Yoga Activities

Setting:

- Highball Setting – Athletes divided in two groups either positions #1 and #4 or #5 and #2. Starting with setting meter ball to self then setting it to opposite position (eg. #1 sets to #4). Next variation no meter ball just setting it to opposite position.
- Highball Setting, Tip Cover and Long Ball – Set #1 to #4 move in for tip, dig up and then sets a high throw to them from #3 to 2 ½. Ball dig from tip is set to #1.
- T – Athletes in position 2, 3, 4 and rest in position 6. Set ball from position 6 to 3 and then position sets front to position 4 who sets back to 6 and complete the same thing but position 3 now sets backwards to 2 (Athletes follow where they set the ball).
- Setting from the back-row - Coaches tosses the ball into the backcourt for athlete in Position 6 to run to and then set to Position 4 where spiker will make a spike approach and spike the ball. Spiker goes and collects ball and then goes to the end of the back row setting line and athlete who set ball goes to the end of the spiking line.

Serve Reception:

- Passing Lanes – Three in a group one serving over net one passing and one catching. First – Start deep serve deep, Second – Start deep short serve, Third – Start short move back. Using three courts athletes will rotate around. Court 1 – Athletes standing and serving. Court 2 – Athletes standing on Boxes and serving. Court 3 – Serving Machine (float and topspin).
- Perfect Passing – Two groups working on the same court. X1 passing, x1 catching and x2 serving. Servers serve at the passer aiming to pass a perfect pass, if they pass a perfect pass they get a point the passer first to three points wins. Swap after 5mins.
- 4 Perfect vs. 2 Errors – x3 passers vs. x3 servers. The aim is for the passers to pass a perfect pass to score won big point. The passers when to get to 4 points before the servers get two aces or the passers make 2 errors. If passers make a positive pass or 2/1 pass it is no points to either passer or server.
- Servers vs. Passers (15 v 7) - Every time the passers pass a perfect pass a point is awarded to them. Every time the serving team causes a zero pass (error) they get a point. The passing team has to get to 15 before the serving team gets to 7. Switch teams and go again. Each time you switch make sure there are 3 new passers on the court.

Spiking:

- Hit from Set - Start with athletes throwing ball to setter who sets to spiker and spiker hits into the court (Aiming for position 1 and 5). x 2 setting and x 2 spiking. Changing where spikers are hitting from position #2, #3, #4 and #6 every 5 mins.
- Spike against Blocker – There is 6 on one side and three blockers on the other side of court. The drill starts with a down ball to the side with six on court they have to try to set up an attack and not get blocked by the spikers. Change over after every 10 down balls. To change drill after completing first attack you can get the setter to set a highball to the spiker and make them spike a highball against the blockers.
- Pass then Spike – Start with a serve the passer passes ball to setter who then sets to and the passer must transition and spike ball.
- Plus 7 Spiking – One passer/hitter and a setter on one side of the net with two passer/hitters waiting on side of court, with a full team on the opposite side of the net. Passer/hitter passes down ball to the setter and then transitions and spikes set from setter. A spike, which results in kill or hit off block is worth one point to attacking team, a spike passed up by defending team with setter setting it up results in one point to defending team. Spiking out of court, or being blocked results in one to defending team. First to 7 wins.

Game Play:

- 21 vs. 23 - Team starting on 21pts is receiving. Play to 25pts. Play best 3 out of 5 or 5 out of 7.
- 2 minute Frenzy - Keep putting freeballs into Team A for 2/3 minutes and keep points that they score. After allotted time switch to Team B and keep track of their points.
- Normal Game – Athletes play normal volleyball game for the rest of the session. (Coaches will pause game throughout to talk to team or show athlete’s correct position, movement or technique).

Warm Down:*Focuses/Aims:*

*Square up to target.
Fast movement to position.
Symmetrical hands (same shape).
Hands follow through to target and finish with arms at full extension.
Hold the shape with elbows and wrists close.*

*Platform to target.
Balanced position.
Quick movement.
Receive in front of the body*

*Aim High, Long,
Strong
Target arm
Control “big hand” with wrist snap
Explosive last step and jump: power and speed.
Height... best jump/ max. height/ max reach.*

Warm Up:

Set Routine

- Warm Up Activity –Ball Control Activity
- Physical Warm Up – Yoga Activities

Forearm Passing

- 50 passes to themselves
- Passing Matrix – Partner throws ball under arm to left and right side of passer and then throws overarm – for tip in front and the one up high for overhead pass (4 moves in a row).
- Passing Holding Ball – One throwing (thrower) and one holding a volleyball (passer). Thrower throws volleyball to the passer who has to quickly put the ball they have in their hands on the ground before they pass the thrown ball back to the thrower. Switch every 20 contacts.
- Triangle Passing Drill - Get into groups of three. Line-up one player as the passer (A) on one sideline and the other two players (B and C) staggered opposite the passer on the other sideline. Ball is initiated into passer A, by a toss or a down-ball from C. Passer A directs the ball to target B. Partners switch after 10 repetitions. Ball can also be hit to the right and left of the passer. As drill mastery progresses, target may start to set the ball to the hitter. The drill could then build to a continuous contact drill.
- Butterfly – One each side of the court x 1 serving, x 2 passing, x 1 setter and x 1 catching. Start with serve who serves it to passer who passes it up to setter and then setter sets it out to catcher.
- Touch and Under
- Pepper over the Net – Two teams: Athletes in position # 4, #2½ and #5 on each side. The ball is put in play by coach to either side. The ball is passed, set, and spiked and kept in play as long as possible. Once the ball crosses the net, the attacking team rotates, from the waiting line to position #5, to #2½, to #4 to the waiting line. Position #4 athlete is attacker.

Setting

- 50 sets to themselves
- Ball Drop – In pairs one on ground and other dropping it down to them and setting back up high to pair standing up.
- Close- Middle-Far Setting Reps – Close – 1m apart, Middle – 4 -5m apart, 2 touch (set to self, set to partner) and Far 8-9m apart.
- Set and Turn – Set ball to partner who sets ball to themselves and then turns and back sets to partner.
- T – Athletes in position 2, 3, 4 and rest in position 6. Set ball from position 6 to 3 and then position sets front to position 4 who sets back to 6 and complete the same thing but position 3 now sets backwards to 2 (Athletes follow where they set the ball).
- Highball Setting – #1 to #4, #5 to #2 (set then move in for tip) and #3 to #2/#4 alternating.

Serve Reception:

- Passing Lanes – Three in a group one serving over net one passing and one catching. First – Start deep serve deep, Second – Start deep short serve, Third – Start short move back. Using three courts athletes will rotate around. Court 1 – Athletes standing and serving. Court 2 – Athletes standing on Boxes and serving. Court 3 – Serving Machine (float and topspin).

Warm Down:

- Walk/Skip
- Lunges (fwd, bwd and swd)
- Legs Swings
- Back Mobilisation
- Stretching

Focuses/Aims:

*“Ready Position” Wide, Low, Long.
Early platform, fast feet.
Platform/ Wrist to target.
Slow Contact.
Hold the Shape.*

*Square up to target.
Fast movement to position.
Symmetrical hands (same shape).
Hands follow through to target and finish with arms at full extension.
Hold the shape with elbows and wrists close.*

*Platform to target.
Balanced position.
Quick movement.
Receive in front of the body.*

Warm Up:

Set Routine

- Warm Up Activity –Ball Control Activity
- Physical Warm Up – Yoga Activities

Ball Warm – Up:

1. Throw
2. Hit: Dig
3. Pepper

Spiking Warm Up:

- Spiking from position #4, #2 and #3 for the middles.

Game Play:

- Win Three and Rotate – Six on court both sides. Starting with a serve, athletes must get an attack and hit winner into court and not position 6. If win, coach will spike ball into court and they must get attack and hit winner. If they win they get free ball and must get another attack. If six on court lost any of the three points they go back to serve and don't rotate however if they win all three they rotate one position.
- Best of Five – Six on court both sides. Starting with a serve from either side. Athletes play out the point from the serve, the team that wins the point gets a free ball and the teams play out the point. This continues until 5 points have been played and team with the most point wins. Once 5 points are over both teams rotate.
- 21 vs. 23 - Team starting on 21pts is receiving. Play to 25pts. Play best 3 out of 5 or 5 out of 7.
- 2 minute Frenzy - Keep putting freeballs into Team A for 2/3 minutes and keep points that they score. After allotted time switch to Team B and keep track of their points.
- 3 in a Row - 6 v 6 drill. Coach initiates freeballs into the drill until one team wins three in a row. The team that wins three in a row has then earned the right to serve and serves with the score at 15-14 (5th set) in their favor. Play regular volleyball until there is a winner. If the team that won the three in a row wins the serving game then they get a big point, if the other teams wins the regular game then no big point and they receive the first freeball in the new game.
- Normal Game – Athletes play normal volleyball game for the rest of the session.

Warm Down:

- Walk/Skip
- Lunges (fwd, bwd and swd)
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- Back Mobilisation
- Stretching

Focuses/Aims:

Warm Up:

Set Routine

- Warm Up Activity –Ball Control Activity
- Physical Warm Up – Yoga Activities

Setting:

- Close- Middle-Far Setting Reps – Close – 1m apart, Middle – 4 -5m apart, 2 touch (set to self, set to partner) and Far 8-9m apart.
- Set and Turn – Set ball to partner who sets ball to themselves and then turns and back sets to partner.
- 4 Corners – Position 5 athlete sets to Position 2 athlete who sets to Position 4 athlete who sets to Position 1 athlete who then sets back to the start Position 5 athlete. As soon as you set you go to the end of your line (in your corner) or follow the ball and go to next station. For more advanced groups introduce a 2nd ball.
- I – Athletes in position 2, 3, 4 and rest in position 6. Set ball from position 6 to 3 and then position sets front to position 4 who sets back to 6 and complete the same thing but position 3 now sets backwards to 2 (Athletes follow where they set the ball).

Forearm Passing:

- Butterfly – One each side of the court x 1 serving, x 2 passing, x 1 setter and x 1 catching. Start with serve who serves it to passer who passes it up to setter and then setter sets it out to catcher.
- Pepper over the Net – Two teams: Athletes in position # 4, #2½ and #5 on each side. The ball is put in play by coach to either side. The ball is passed, set, and spiked and kept in play as long as possible. Once the ball crosses the net, the attacking team rotates, from the waiting line to position #5, to #2½, to #4 to the waiting line. Position #4 athlete is attacker.
- Cross – Over Drill

Serve Reception:

- 5 and 1 – Coaches serve (float serve or topspin) at athletes in position 1 and 5 who pass it up to setter who sets it to position 4 (Rotate through).
- Passing Lanes – Three in a group one serving over net one passing and one catching. First – Start deep serve deep, Second – Start deep short serve, Third – Start short move back. Using three courts athletes will rotate around. Court 1 – Athletes standing and serving. Court 2 – Athletes standing on Boxes and serving. Court 3 – Serving Machine (float and topspin).

Spiking:

- Hit from Toss – Coach tosses ball to position #4 and #2 and athletes transition and hit ball. Coach tosses ball to position #3 with athletes starting on the three-meter line then transition in and spike ball. (Coaches talk about spiking transition).
- Bounce and Run – Athletes bounce ball to coach and they transition in and as coach throws ball up athletes spike ball.
- Hit from Set – Start with serve with passer passing to setter who sets to hitters and hits into the court (Aiming for position 1 and 5). x 4 serving, x 2 passing, x 1 setting and x 3 spiking.
- Three in a row before 2 in a row - Two full teams of 6 players are put on the court – one team is the champion side and the other a challenger team. The starting side has to side-out, win a free-ball, and serve for a point (win the rally off their serve). The challenger side attempts to stop the starting side. The starting side scores a big point only when they get 3 little points in a row. The challenger side scores a big point when they score 2 points in a row. Play to 6 big points. Each little point counts.

Warm Down:

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- Stretching

Focuses/Aims:

*Square up to target.
Fast movement to position.
Symmetrical hands (same shape).
Hands follow through to target and finish with arms at full extension.
Hold the shape with elbows and wrists close*

*“Ready Position” Wide, Low, Long.
Early platform, fast feet.
Platform/ Wrist to target.
Slow Contact.
Hold the Shape.*

*Platform to target.
Balanced position.
Quick movement.
Receive in front of the body*

*Aim High, Long, Strong
Target arm
Control “big hand” with wrist snap
Explosive last step and jump: power and speed.
Height... best jump/ max. height/ max reach.
Open Up
Soft landing.*

Warm Up:

Set Routine

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- Servers vs. Passers (15 v 7) - Every time the passers pass a perfect pass a point is awarded to them. Every time the serving team causes a zero pass (error) they get a point. The passing team has to get to 15 before the serving team gets to 7. Switch teams and go again. Each time you switch make sure there are 3 new passers on the court.
- Servers vs. Passers (Passing Proficiency) - The receiving team gets 10 balls served at them, add up all of the passing scores (3,2,1 or 0) and divide by 10 for their passing proficiency. Switch teams and calculate their proficiency. The winning team is the team with the highest score. Play the best of 7 games so that all players get to pass. Let serving errors go but if there are 2 service errors in a row award a 3 pass to the receiving team.
- Rapid Fire – Two coaches are serving balls at an athlete on the other side of the net. As soon as the athlete has passed the ball the coach serves another ball and this continues. The athlete has to pass about 40 balls before they swap with another athlete.
- Full Court Serve Receive – Groups of 6 -7 x 2 Serving x 3 passing and x 1 catcher (Full court serve).
- Hit from Set – Start with serve with passer passing to setter who sets to hitters and hits into the court (Aiming for position 1 and 5). x 4 serving, x 2 passing, x 1 setting and x 3 spiking.

Warm Down:

- Walk/Skip
- Lunges (fwd, bwd and swd)
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- Back Mobilisation
- Stretching

Focuses/Aims:

*Platform to target.
Balanced position
(Posture)
Quick movement. Track
the ball.
Receive in front of the
body.
Stay Low*

Warm Up:

Set Routine

- Warm Up Activity –Ball Control Activity
- Physical Warm Up – Yoga Activities

Pepper:

(Every 3 mins swap partner). If no effort athlete complete punishment

Spiking:

- Hitting Technique – Hitting across court to partner. Hit ball to travel 7-8 meters. (High, Long, Strong).
- Hit from Set - Start with serve or free from coach with passer passing to setter who sets to spiker and spiker hits into the court (Aiming for position 1 and 5) x 3 passing, x 1 setting and x 4 spiking. Changing where spikers are hitting from #2, #3, #4 and #6 every 5 mins.
- Hitting efficiency drill - The goal here is for hitters from a 4-player side to rack up a good hitting efficiency in 10 attempts against a 6-person team that's playing defence. Aggressive hitting is what produces kills, so heat and good placement is also important – the fewer errors, the better. With the odds stacked against them, the hitters have to figure out how to put the ball down and how to cover to get more than one swing if they don't get a kill on the first shot.
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Target arm
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with wrist snap
Explosive last step
and jump: power
and speed.
Height... best jump/
max. height/ max
reach.*

Warm Up:

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Setting:

- Highball Setting – Athletes divided in two groups either positions #1 and #4 or #5 and #2. Starting with setting meter ball to self then setting it to opposite position (eg. #1 sets to #4). Next variation no meter ball just setting it to opposite position.
- Highball Setting, Tip Cover and Long Ball – Set #1 to #4 move in for tip, dig up and then sets a high throw to them from #3 to 2 ½. Ball dig from tip is set to #1.
- Four Setting – Four athletes stand in a line about three meters apart and complete a pattern. Athletes will continue to swap and every three minutes.
- Set and Turn – Set ball to partner who sets ball to themselves and then turns and back sets to partner.
- I – Athletes in position 2, 3, 4 and rest in position 6. Set ball from position 6 to 3 and then position sets front to position 4 who sets back to 6 and complete the same thing but position 3 now sets backwards to 2 (Athletes follow where they set the ball).
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Focuses/Aims:

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Fast movement to position.
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Hands follow through to target and finish with arms at full extension.
Hold the shape with elbows and wrists close.*