

Main theme: Small Group

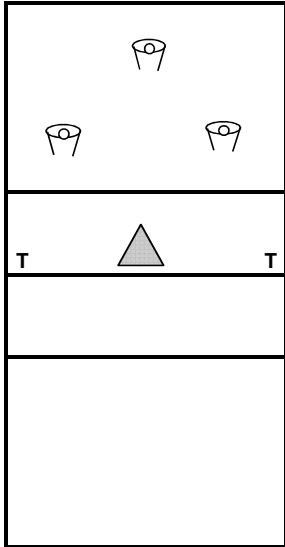
Start: _____

Drill no: 1

Drill no: 2

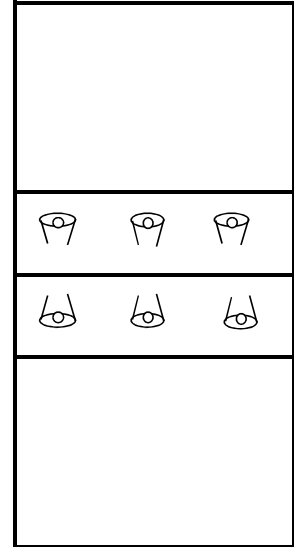
(min)

(min)



Drill: Scramble to target
 Coach tosses balls into the court, the 3 players work to defend and set the ball to the target. Targets are athletes who stand on one foot
Objective:
 Develop ability to build up the rally without a setter
Success criteria:
 10 balls to the setter
Reference points
Variations

Drill: 3v3 middle (modified)
 3V3 short court. Players in the middle can not set and one player must be on each side of the setter for the 3rd contact.
Objective:
 Improve decision making ability
Success criteria:
 King/Queen of the Court Game to 5 points and switch
Reference points
 Communicate early
Variations
 Use entire court
 Allow jumping and attacking

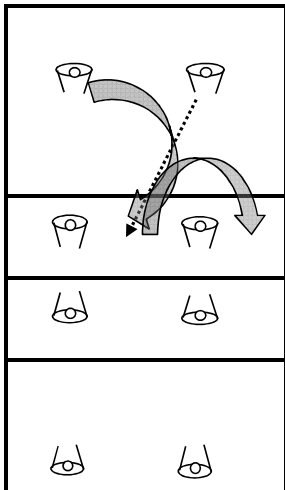


Drill no: 3

Drill no: 4

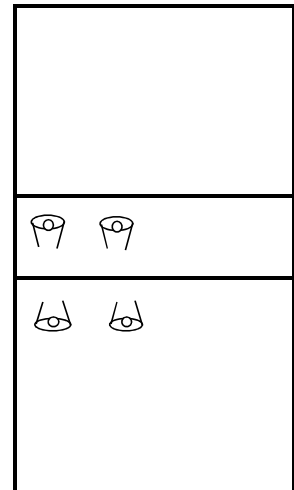
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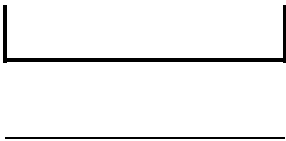
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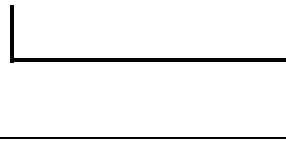
Drill: 4v4 (modified)
 4V4 Not cooperative. Back row players are responsible for the 1st and 2nd contact. Both front row players must be on the same side of the setter
Objective:
Success criteria:
 10 balls cross the net after 3 contacts
Reference points
 Communicate early
Variations

Drill: Popcorn
 3 balls. 1 person from each 2 player team tosses their team ball laterally between partners. All 3 contacts must occur.
Objective:
Success criteria:
 Ball crosses the net 10 times with 3 contacts.
Reference points
 Communicate early
Variations





Jump or no jump
Volley only

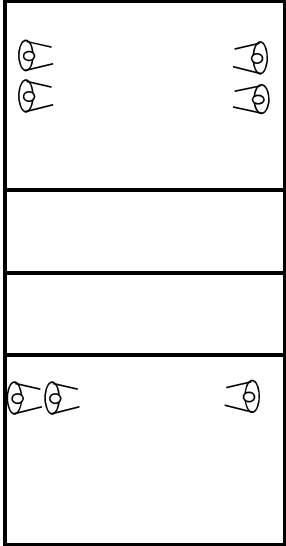


Drill no: 5

Drill no: 6

(min)

(min)



Drill: 3 or 4 player pepper

3 player - switch sides after the attack

Objective:

Warm up

Success criteria:

2-10 minutes

Reference points

communicate early

Variations

Drill: Long/short setting

Player in the middle always back sets. Outside setters sets short if middle player is facing them and long if the middle player has their back to them.

Objective:

Develop ability to communicate

Success criteria:

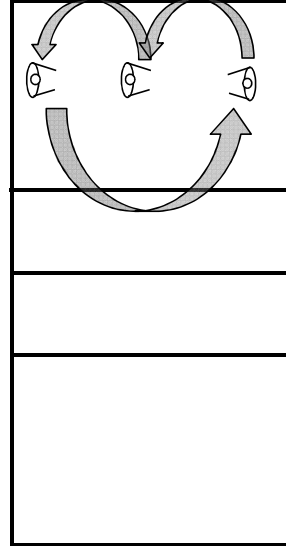
3-5 minutes - switch spots in 1 minute intervals

Reference points

Communicate early
Use legs

Variations

Forearm passing

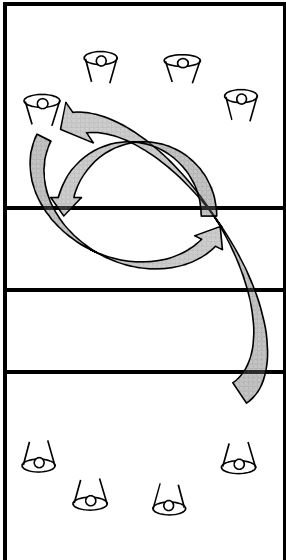


Drill no: 7

Drill no: 8

(min)

(min)



Drill: 4v4 beach volleyball

Teams are 2 groups of 2. Each mini group plays on 1 side of the court. Players in the same mini group can't contact the ball twice in a row. Back row attacks only

Objective:

Improve decision making ability

Success criteria:

First to 5 points
Winner stays on

Reference points

Communicate early

Variations

Drill:

3 players line up on defense, no designated setter. Controlled hitting

Objective:

Improve decision making ability

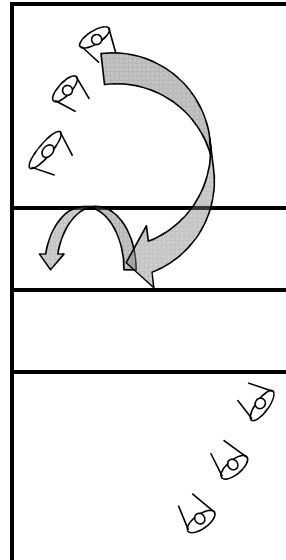
Success criteria:

Ball crosses the net 10 times with 3 contacts.

Reference points

Communicate early

Variations

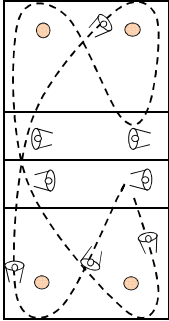


Main theme: Ball Control

Main theme: _____

Start: _____ (min) Start: _____ (min)

Drill no: Progression from pg 46
Setting General



Drill:
Entire team works as a group. 4 balls are set straight up and down at the net. Once the ball is set the player runs around the pylon to another position and continues

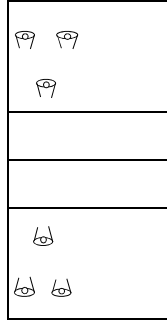
Objective:
Help players position themselves underneath the ball

Success criteria:
30 secs

Reference points

Variations
Move pylons, change pathway or number of stations.

Drill no: progression from pg 45
Small Group Game Play



Drill:
Front player can not play the second contact. Both players must be on the same side of the player contacting the second ball.

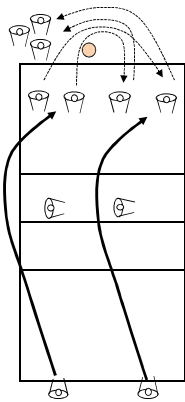
Objective:
Develop ability to communicate and work together

Success criteria:
Ball crosses the net 10 times without hitting the floor

Reference points

Variations
Play competitively, add standing attack, roll shot, back row attacking or front row attacking

Drill no: Progression from pg 43
Forearm Passing General



Drill:

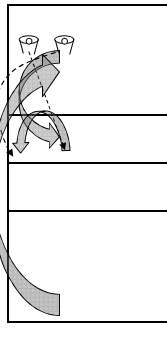
Objective:
Develop passing ability and communication skills

Success criteria:

Reference points

Variations

Drill no: progression from pg 47
Small Group Game Play



Drill:

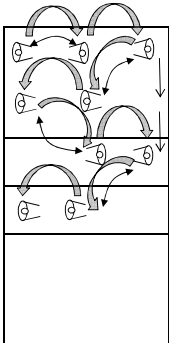
Objective:

Success criteria:

Reference points

Variations

Drill no: progression from pg 48
Setting General



Drill:
Volley the ball forward to the player in the middle who back sets to the player on the opposite sideline. The first two players to contact the ball switch and the third player volleys the ball back to the middle and slightly toward the opposite baseline and the entire group slowly makes their way to the finish line.

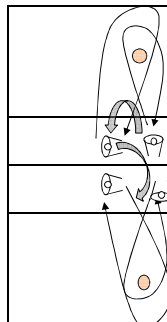
Objective:

Success criteria:

Reference points

Variations

Drill no: progression from pg 49
Forearm Passing General



Drill:
2 teams of 2. The ball gets played short for either athlete to play. The second contact is set over the net inside the attack line for the other team to play. After the contact, both players sprint around the pylon.

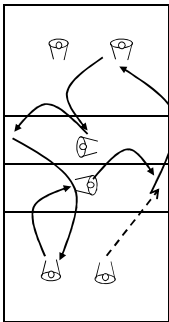
Objective:

Success criteria:

Reference points

Variations

Drill no: progression from pg 50
Forearm Passing & Setting General



Drill:
Follow your ball. Player who doesn't play the first contact plays the third.

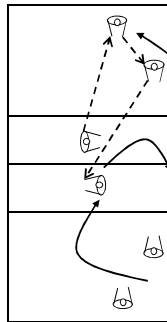
Objective:

Success criteria:

Reference points

Variations

Drill no:



Drill:

Objective:

Success criteria:

Reference points

Variations

Cool down on own court when finished

Cool down on own court when finished

Notes:

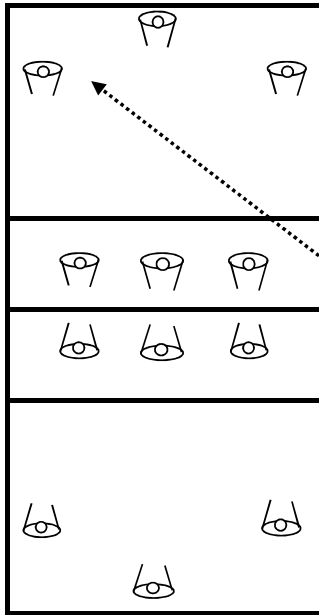
Notes:

Main theme: Team and Middle Drills

Start:

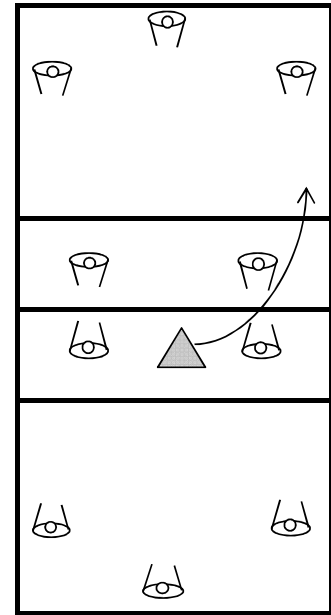
Drill no: 1 Team Drill no: 2

(min) (min)



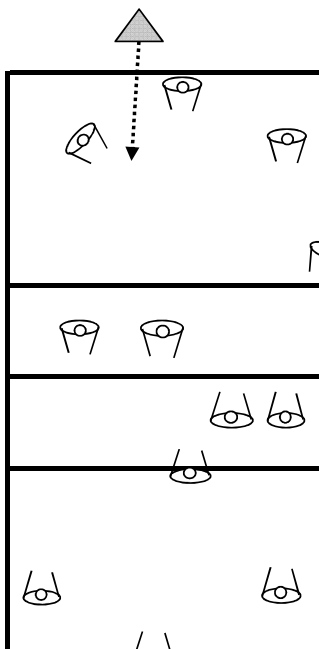
Drill: setter digs transition
 Coach attacks ball at setter in position 1. Team transitions versus a full defense
Objective:
 Develop ability to build up the rally without a setter
Success criteria:
 7 out of 10 transition attacks 7 out of 10 point won
Reference points
 Communicate early
 Set high to the pin
 Challenge the block
Variations
 Introduce the ball by an attack down the line

Drill: 5 a side scramble
 Coach tosses balls randomly to either team. Forcing defenders to scramble. Team attempts to defend and transition.
Objective:
 Develop ability to build up the rally without a setter
Success criteria:
 attacks
 Team that wins 6 or more points wins
Reference points
 Communicate early
 Set high to the pin
 Challenge the block
Variations



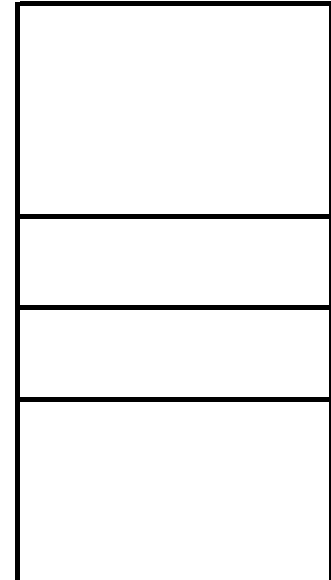
Drill no: 9 Team Team Drill no: 4

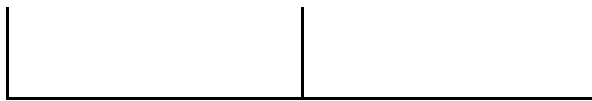
(min) (min)



Drill: hit vs. 2 or 3 blockers
 Coach tosses ball from baseline simulating 1st contact
Objective:
 Develop ability to transition set and hit
Success criteria:
 7 out of 10 transition attacks 7 out of 10 point won
Reference points
 Communicate early
 Set high to the pin
 Challenge the block
Variations

Drill:
Objective:
Success criteria:
Reference points
Assistant Coach Role





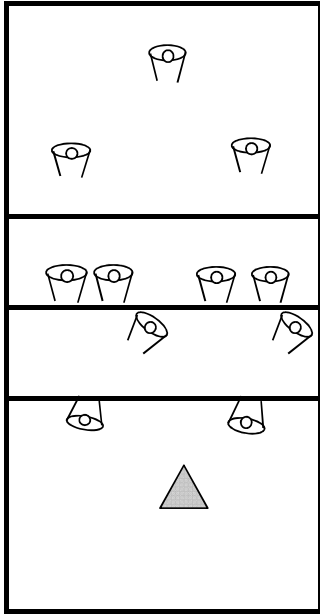
Drill no: 5

Middle

Drill no: 6

(min)

(min)



Drill: middle vs. D 1 block jump

Middle attacks versus 2 blocker but only one blocker jumps. Coach indicates who will block with a hand signal.

Objective:
Develop ability to hit both ways

Success criteria:
Hit the ball in the direction 7 out of 10 times

Attackers Reference point
See the blockers
Stay neutral
Hit high and deep

Blockers Reference points
No sink

Drill: Blockers follow the ball

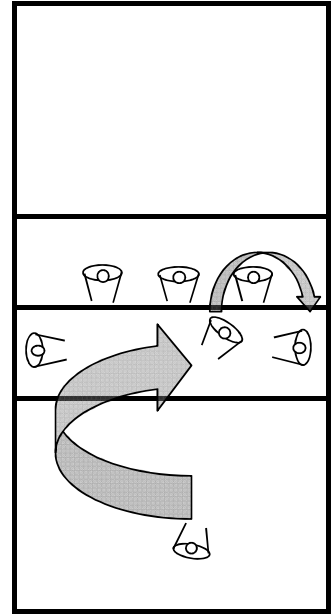
Coach tosses ball to setter
Setter volleys the ball to 4,3 or 2 Blockers follow the ball and block

Objective:
Develop ability to react to the set

Success criteria:
3 correct reactions in a row 10 repetitions

Reference points
No sink
Big first step (middles)
Land where you jumped

Variations



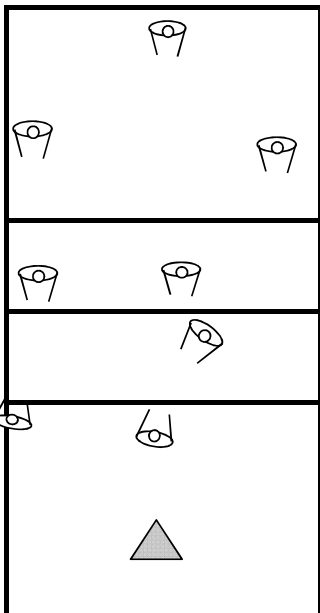
Drill no: 7

Middle

Drill no: 8

(min)

(min)



Drill: 61/13 or 31/72

Setter sets middle fast or outside slow. Middle blocker must block both balls

Objective:
Develop middle blockers reacting ability

Success criteria:
7 out of 10 correct decisions

Reference points

Variations

Drill:

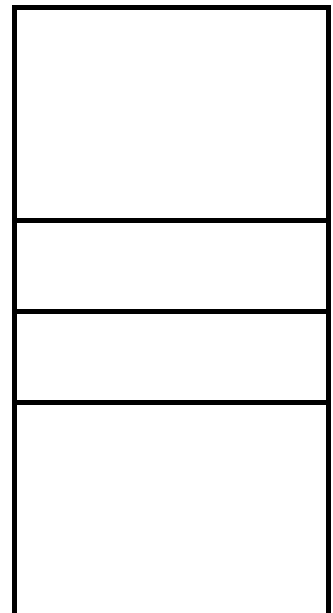
Objective:

Success criteria:

Reference points

Variations

Variations



Cool down on own court when finished

Notes:

Tip every 3rd ball

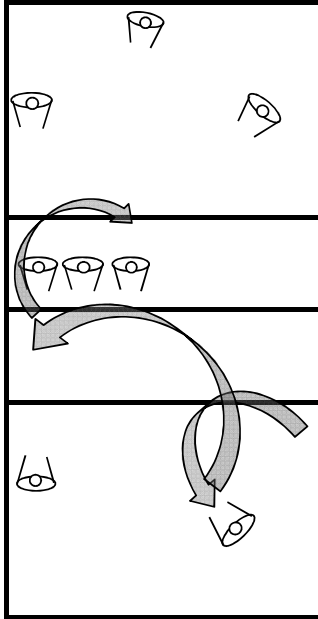
Drill no: 5

Outside

Drill no: 6

(min)

(min)



Drill: Triple block tip versus full defense. Tip versus 3 blockers and hit hard versus double block. If double block, 3rd front row player must be behind

Objective: Develop vision while managing trouble balls

Success criteria: 7 out of 10 correct decisions

Reference points

Variations

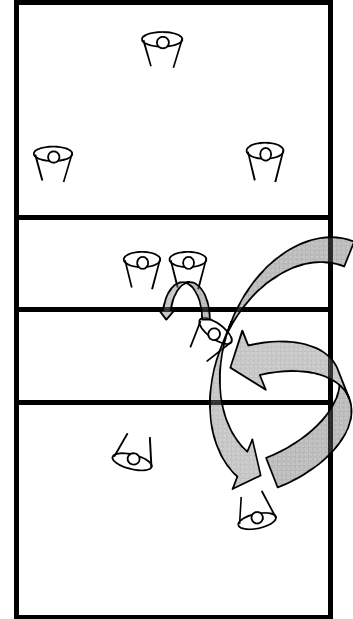
Drill: Quick and pipe Sideout from downball versus 2 blockers and defense.

Objective:

Success criteria:

Reference points

Variations



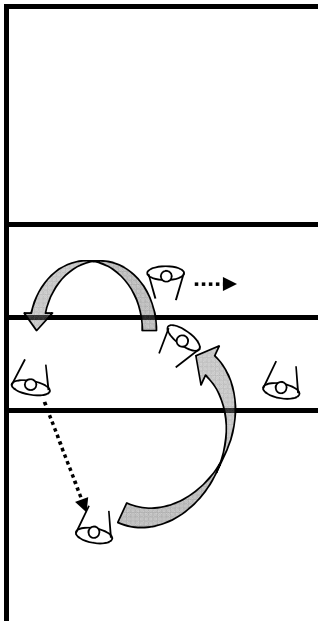
Drill no: 7

Setter

Drill no: 8

(min)

(min)



Drill: Seeing the middle Ball is passed to setter. As the ball begins its decent the middle blocker steps laterally in either direction. Setter should set in the opposite direction of blocker

Objective: Develop ability to see defenders

Success criteria: 7 out of 10 correct decisions

Reference points

Stay Neutral

Variations

Set ball from off the net
Add pipe set from audio

Drill: 4 player pepper Ball is passed to setter. As the ball begins its decent the blocker stays with the hitter or moves toward the outside. Setter should set in the opposite direction of blocker

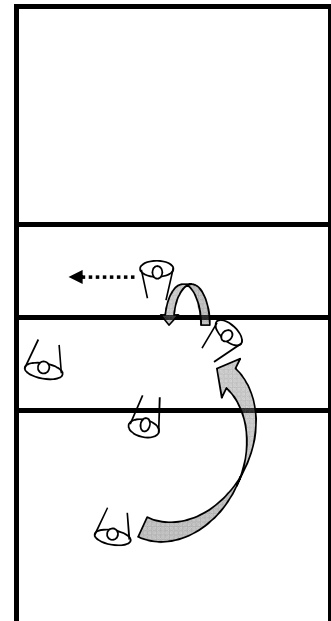
Objective: Develop ability to see defenders

Success criteria: 7 out of 10 correct decisions

Reference points

Stay neutral

Variations



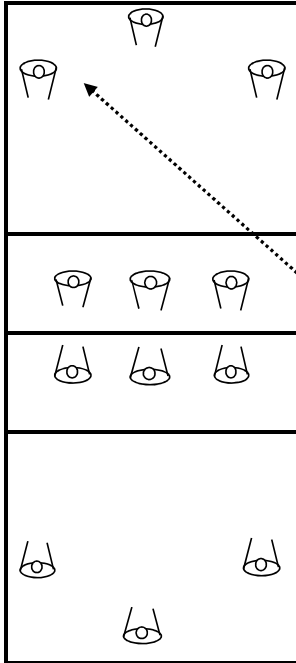
cue	
Cool down on own court when finished	

Notes:

Drill no: 1 Team
(min)

Drill no: 2
(min)

Team



Drill: setter digs transition

Coach attacks ball at setter in position 1. Team transitions versus a full defense

Objective:

Develop ability to build up the rally without a setter

Success criteria:

7 out of 10 transition attacks
7 out of 10 point won

Reference points

Communicate early
Set high to the pin
Attack high and deep

Variations

Introduce the ball by an attack down the line

Drill: 5 a side scramble

Coach tosses balls randomly to either team. Forcing defenders to scramble. Team attempts to defend and transition.

Objective:

Develop ability to build up the rally without a setter

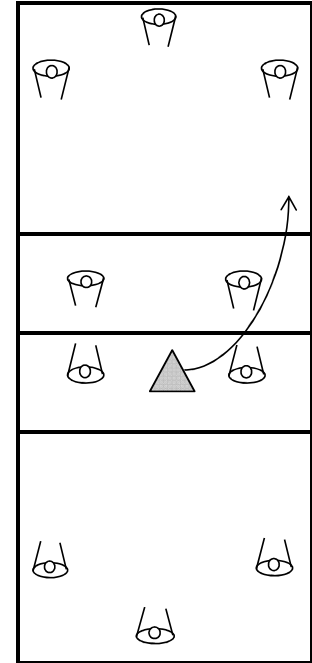
Success criteria:

7 out of 10 transition attacks
Team that wins 6 or more points wins

Reference points

Communicate early
Set high to the pin
Attack high and deep

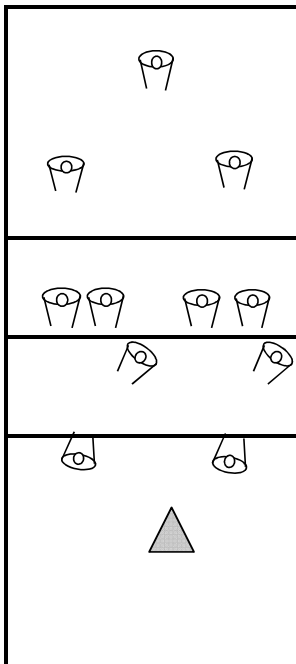
Variations



Drill no: 3 Middles
(min)

Drill no: 4
(min)

Middles



Drill: middle vs. D 1 block jumps

Middle attacks versus 2 blocker but only one blocker jumps. Coach indicates who will block with a hand signal.

Objective:

Develop ability to hit both ways according to who jumps

Success criteria:

Hit the ball in the direction 7 out of 10 times

Attackers Reference points

See the blockers
Stay neutral
Hit high and deep

Blockers Reference points

No sink

Drill: Blockers follow the ball

Coach tosses ball to setter. Setter volleys the ball to 4,3 or 2. Blockers follow the ball and block.

Objective:

Develop ability to react to the set

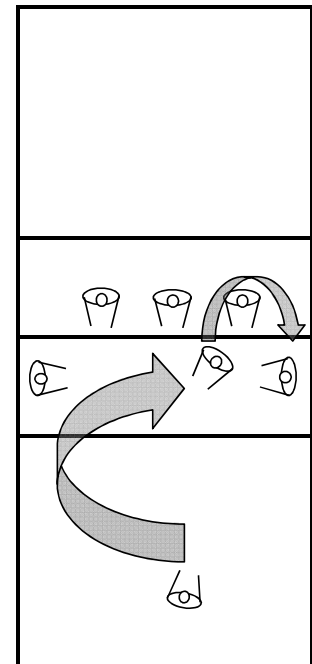
Success criteria:

3 correct reactions in a row
10 repetitions

Reference points

No sink
Big first step (middles)
Land where you jumped

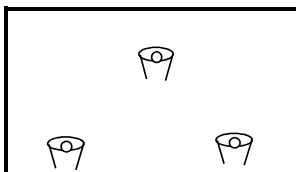
Variations



Drill no: 5 Groups of 2/3/4
(min)

Drill no: 6
(min)

Groups of 3



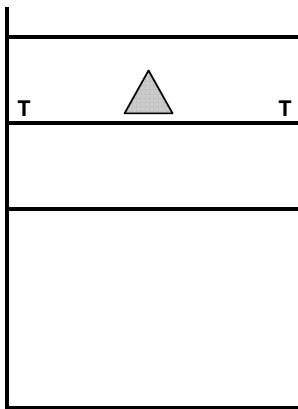
Drill: Scramble to target

Coach tosses balls into the court, the 3 players work to defend and set the ball to the target. Targets are athletes who stand on one foot

Drill: 3v3 middle (modified)

3V3 short court. Players in the middle can not set and one player must be on each side of the setter for the 3rd contact. No jumping or attacking





Objective:
Develop ability to build up the rally without a setter

Success criteria:
10 balls to the setter

Reference points

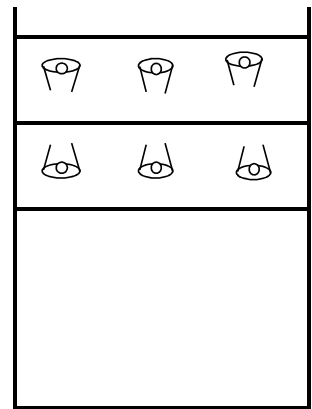
Variations

Objective:
Improve decision making ability

Success criteria:
King/Queen of the Court
Game to 5 points and switch

Reference points

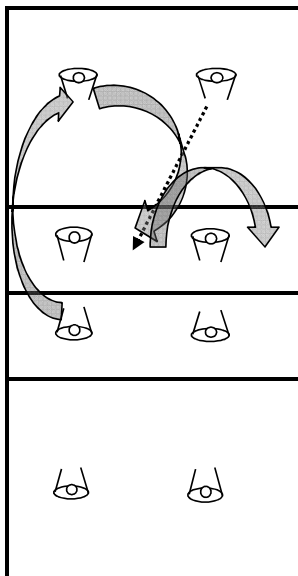
Variations
Communicate early
Use entire court
Allow jumping and attacking



Drill no: 7 Groups of 4
(min)

Drill no: 8
(min)

Groups of 2/4



Drill: 4v4 (modified)
4V4 No cooperative. Back row players are responsible for the 1st and 2nd contact. Both front row players must be on the same side of the setter

Objective:

Success criteria:
10 balls cross the net after 3 contacts

Reference points

Variations
Communicate early

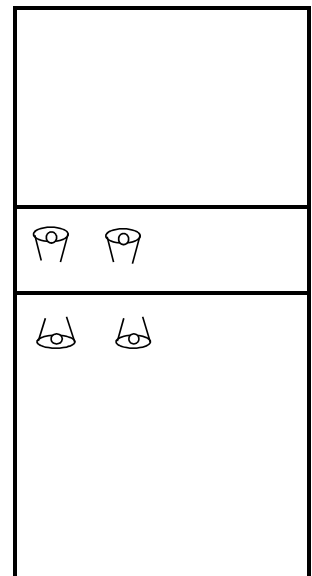
Drill: Popcorn
3 balls. 1 person from each 2 player team tosses their team ball laterally between partners. All 3 contacts must occur.

Objective:

Success criteria:
Ball crosses the net 10 times with 3 contacts.

Reference points

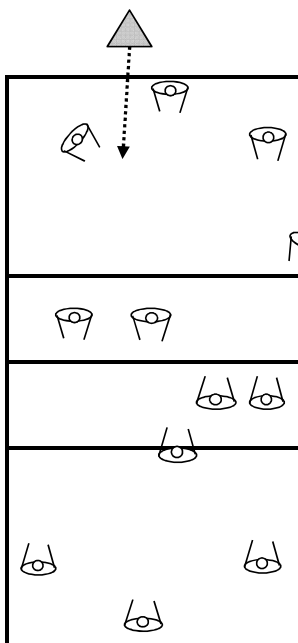
Variations
Communicate early
Jump or no jump
Volley only



Drill no: 9 Team
(min)

Drill no: 10
(min)

Groups of 3



Drill: hit vs. 2 or 3 blockers
Coach tosses ball from baseline simulating 1st contact

Objective:
Develop ability to transition set and hit

Success criteria:
7 out of 10 transition attacks
7 out of 10 point won

Reference points
Communicate early
Set high to the pin
Attack high and deep

Variations

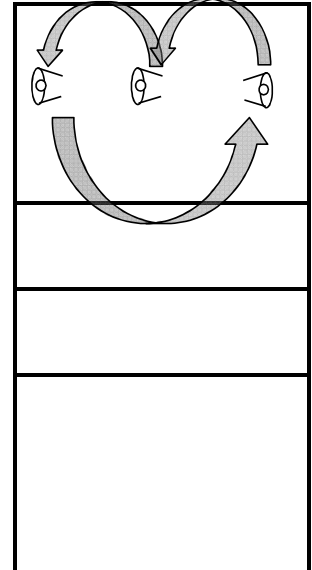
Drill: Long/short setting
Player in the middle always back sets. Outside setters sets short if middle player is facing them and long if the middle player has their back to them.

Objective:
Develop ability to communicate

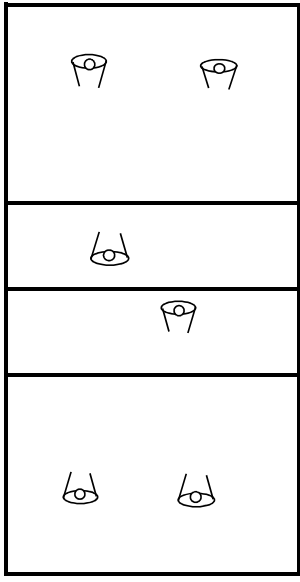
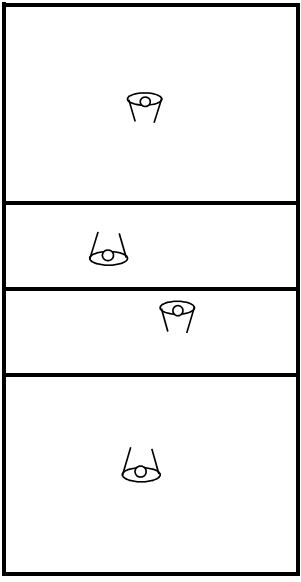
Success criteria:
3-5 minutes - switch spots in 1 minute intervals

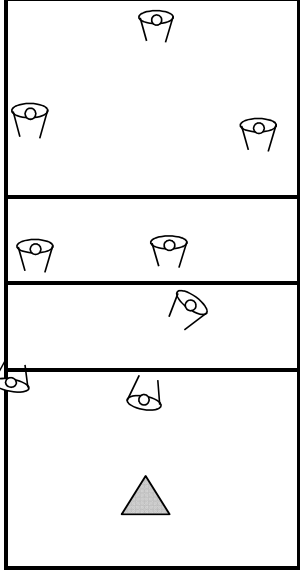
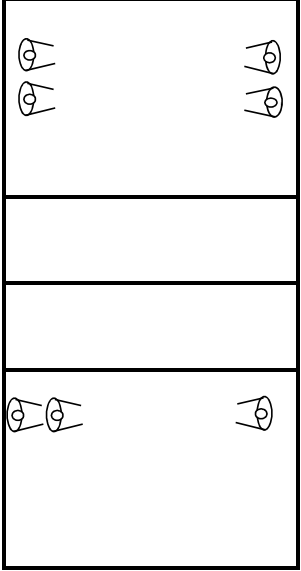
Reference points
Communicate early
Use legs

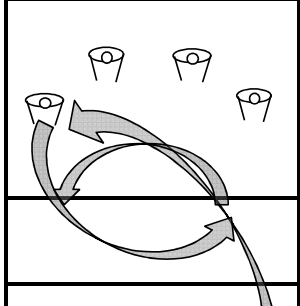
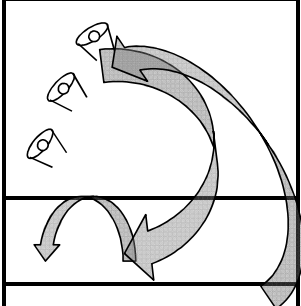
Variations

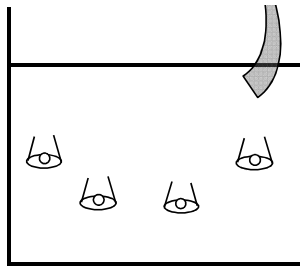


Forearm passing

	<p>Drill no: 11 Outsides (min)</p> <p>Drill: 1 moves / drop ball</p> <p>Serve comes in high and slow. Only one passer can take a step</p> <p>Objective: Develop communication ability between passers</p> <p>Success criteria: 8 out of 10 correct decisions</p> <p>Reference points</p> <p>Variations</p>	<p>Drill no: 12 (min)</p> <p>Drill: Drop ball passing</p> <p>Athlete serves the ball high and slow. Passer has a ball. Lays ball down between feet before passing. Ball should still be between feet after the pass</p> <p>Objective: Develop ability to discover the destination point of the serve</p> <p>Success criteria: 7 out of 10 balls passed with dropped ball remaining between feet.</p> <p>Reference points</p> <p>Decide quickly</p> <p>Variations</p>	<p>Outsides</p> 
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	<p>Drill no: 13 Middles (min)</p> <p>Drill: 61/13 or 31/72</p> <p>Setter sets middle fast or outside slow. Middle blocker must block both balls</p> <p>Objective: Develop middle blockers reacting ability</p> <p>Success criteria: 7 out of 10 correct decisions</p> <p>Reference points</p> <p>Variations</p>	<p>Drill no: 14 (min)</p> <p>Drill: 3 or 4 player pepper</p> <p>3 player - switch sides after the attack</p> <p>Objective: Warm up</p> <p>Success criteria: 2-10 minutes</p> <p>Reference points</p> <p>communicate early</p> <p>Variations</p>	<p>Groups of 2/4</p> 
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	<p>Drill no: 15 Groups of 4 (min)</p> <p>Drill: 4v4 beach volleyball</p> <p>Teams are 2 groups of 2. Each mini group plays on 1 side of the court. Players in the same mini group can't contact the ball twice in a row. Back row attacks only</p> <p>Objective: Improve decision making ability</p> <p>Success criteria:</p>	<p>Drill no: 16 (min)</p> <p>Drill:</p> <p>3 players line up on defense, no designated setter. Controlled hitting</p> <p>Objective: Improve decision making ability</p> <p>Success criteria:</p>	<p>Groups of 3</p> 
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First to 5 points
Winner stays on
Reference points

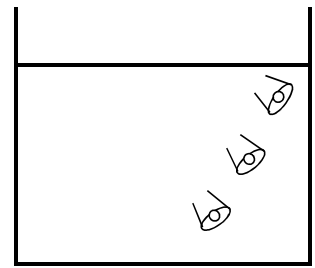
Communicate early
Variations

Hit back sets

Ball crosses the net 10 times
with 3 contacts.
Reference points

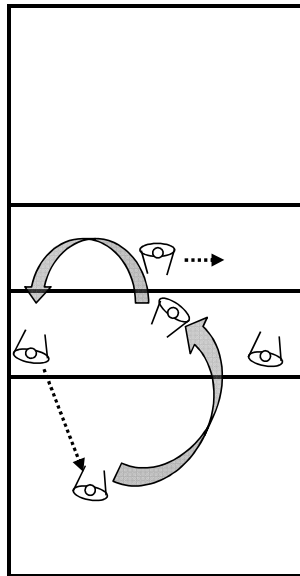
Communicate early
Variations

No jumping



Drill no: **17** Setters
(min)

Drill no: **18** Setter
(min)



Drill: Seeing the middle
Ball is passed to setter. As the ball begins its decent the middle blocker steps laterally in either direction. Setter should set in the opposite direction of blocker

Objective:

Develop ability to see defenders
Success criteria:

7 out of 10 correct decisions
Reference points

Stay Neutral
Variations

Set ball from off the net
Add pipe set from audio cue

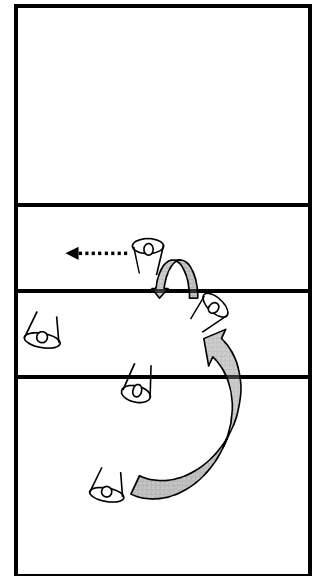
Drill: 4 player pepper
ball begins its decent the blocker stays with the hitter or moves toward the outside. Setter should set in the opposite direction of blocker

Objective:

Develop ability to see defenders
Success criteria:

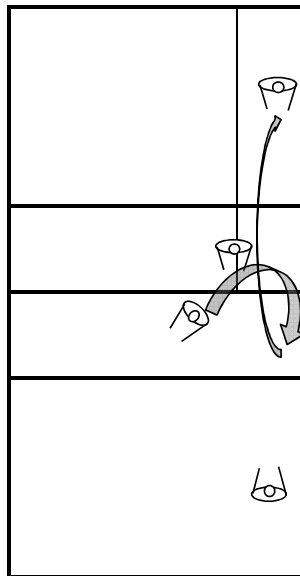
7 out of 10 correct decisions
Reference points

Stay neutral
Variations



Drill no: **19** Rightsides
(min)

Drill no: **20** Outsides
(min)



Drill: Back row down the line

Rightside hits backrow against a single block and line defender.

Objective:

Develop backrow hitting ability
Success criteria:

5 out of 10 direct kills
Reference points

Variations

Tip every 3rd ball

Drill: Pass and hit

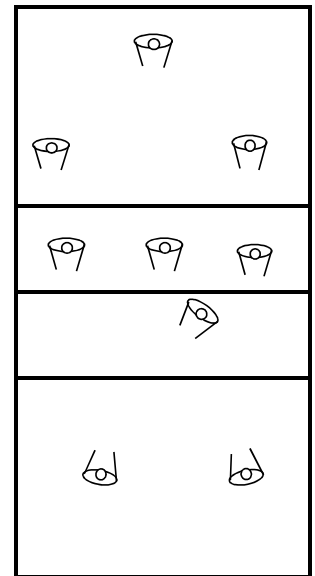
2 players pass and attack against a full defense

Objective:

Evaluate passing and hitting ability
Success criteria:

Plus 5 as a pair
Reference points

Hit high and deep
Variations



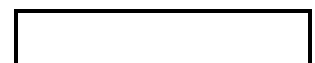
Drill no: **21** Outsides
(min)

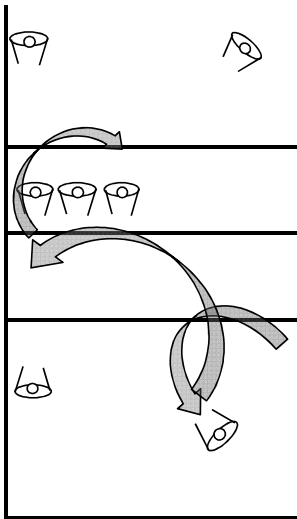
Drill no: **22**
(min)



Drill: Triple block tip full defense. Tip versus 3

Drill:





blockers and hit hard versus double block. If double block, 3rd front row player must be behind attack line.

Objective:

Develop vision while managing trouble balls

Success criteria:

7 out of 10 correct decisions

Reference points

Variations

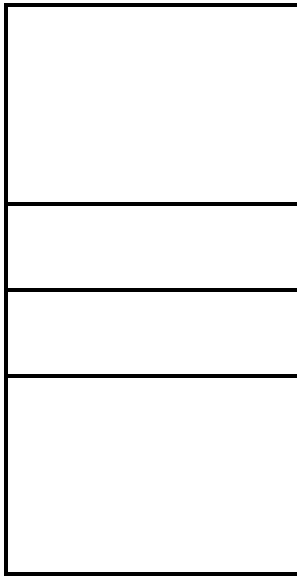
Objective:

Success criteria:

Reference points

Variations

Drill no: _____
(min)



Drill:

Objective:

Success criteria:

Reference points

Variations

Drill no: _____
(min)

Drill:

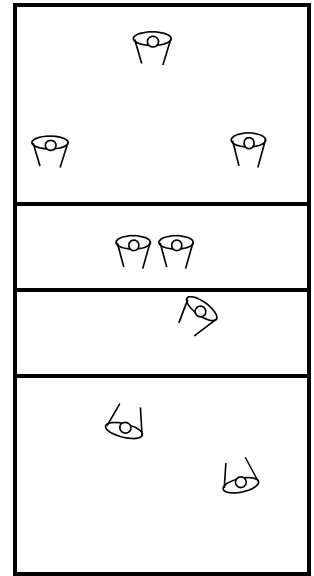
Quick and pipe

Objective:

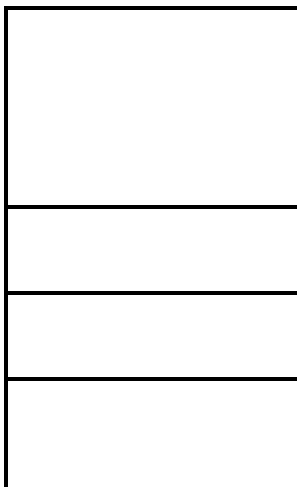
Success criteria:

Reference points

Variations



Drill no: _____
(min)



Drill:

Objective:

Success criteria:

Reference points

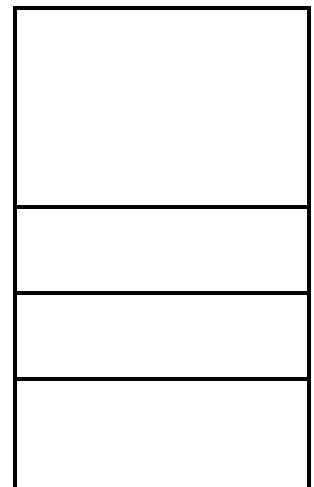
Drill no: _____
(min)

Drill:

Objective:

Success criteria:

Reference points



	Variations	Variations	

	Drill no: _____ (min)	Drill no: _____ (min)											
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Variations	Variations										

	Drill no: _____ (min)	Drill no: _____ (min)					
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Objective:	Objective:						

Success criteria:

Success criteria:

Reference points

Reference points

Variations

Variations



Microcycle	
Plan	
Date	
Start	
Length	

Main theme: _____

Start:		(min)	
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Drill no: 1

Drill no: 2

(min)

(min)

Drill:
Objective:
Success criteria:
Reference points
Variations

Drill:
Objective:
Success criteria:
Reference points
Variations

Drill no: 3

Drill no: 4

(min)

(min)

Drill:
Objective:
Success criteria:
Reference points
Variations

Drill:
Objective:
Success criteria:
Reference points
Variations

Drill no: 5

Drill no: 6

	(min)	(min)	
	Drill:	Drill:	
	Objective:	Objective:	
	Success criteria:	Success criteria:	
	Reference points	Reference points	
	Variations	Variations	

Drill no: 7

Drill no: 8

	(min)	(min)	
	Drill:	Drill:	
	Objective:	Objective:	
	Success criteria:	Success criteria:	
	Reference points	Reference points	
	Variations	Variations	
Cool down on own court when finished			

Notes:
