

LMSW/ LHSW Volleyball Handbook

7th Grade-

Basic Terminology-

- Free ball- when a pass is sent over the net by the opposing team
- Base- where to stand when the ball is on the opposing team's side
- Pass- forearm pass
- Set- using hands to set up a hitter
- Hit- attack sent over
- Approach- proper steps used by a hitter to get to the ball (Left, Right, Left)
- Serve- an overhand delivery of the ball to start a play
- Ace- a serve that is not passed or is shaken and results in a point for the serving team
- Serve Receive- receiving a serve from the opposing team
- Side-Out - winning the rally after a serve receive ball
- Freeball Transition - knowing where to go when the opposing team sends a freeball
- 10-foot line- the line that separates the front row and the back row
- Defense- where to go when the opposing team is sending an aggressive attack
- Block- the first line of defense by the front row by jumping up to prevent the attack from coming over the net.

In 7th grade, teams should be learning how to pass, set, hit and focus on getting three touches before sending the ball back over. Even if they are not able to get a "hit" they should be working on getting the ball to the target/ setter to set up a hit. They do not need to practice sending over in one touch. A team needs to start working with a back row setter and B team can go with a front row setter depending on ability. This can be done with all players acting as setter in those spots or by starting to pick out girls who could play the setter position. By the end of the season, try to start having specific girls playing the setter position.

Freeball Transition

When the ball is on the opposing side of the net, all players should be in their base position. Front row players should be at the net preparing to block. Left and Right back should be up near the 10 foot line, while middle back should be about 3 to 4 feet in front of the end line (diagram in following section). When the ball is being passed over the net to our side, the players should transition to defend a free ball (diagram section).

8th Grade-

Basic Terminology-

- Same as 7th
- 6-2
- 5-1
- Defensive Transition- knowing where to go when the opposing team is attacking
- Roll shot- an attack with top spin that is hit lightly. It is meant to clear the block and drop with the top spin.
- Shoot set- a low, fast set. Can be used for setting a hitter for a faster offense or as an aggressive attack to a deep corner.
- Tip- a soft attack sent to the opposing team meant to land short just behind the block
- Dig- a passing up an attack ball
- Double- an accidental two touch on a ball by a player that is not allowed.
- Kill- a score made by a hitter on an aggressive attack
- Libero- backrow player in a different colored jersey that does not count as a sub and has their own subbing rules
- Overlapping- players cannot overlap the players to either side of them or directly in front or behind them at the beginning of each play.

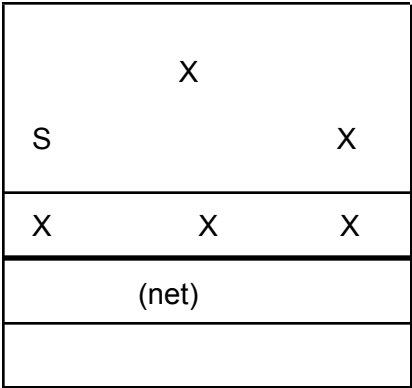
In 8th grade, teams should have a base of three touches to continue to build to a consistent pass set hit. Freeball transition should be known and may need reviewing. Teams should be starting to play position specific spots. At the beginning of the season, this could be just deciding between front row and back row players. By the end of the season, we should be able to see middle blockers, left and right hitters. Setters should be developing their setting to all three positions on the front row. If using a libero, I would prefer them to play middle back. Liberos should have the most range along with quickness and passing ability.

Defensive Pattern

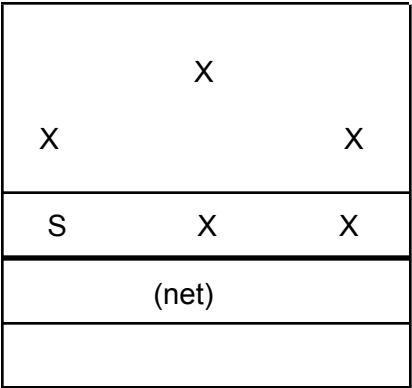
The defensive pattern is also shown in the diagram section. Depending on where the ball is hit from, depends on the type of ball they may play and the zone they are covering. The two positions closest to the block will cover tips and the two/three further will cover the hits. If the hit is coming out the Left or Right, middle back will shade to the line and the setter or the left back will be responsible for the tip and the attack that is at their head to play with their hands. The MB will be the cover on these hits, moving behind them in case they miss the ball. I doubt many hits will be straight down the line in 8th grade. At the varsity level, we start here and adjust if needed to the line attack. On a back row attack, the blocker in front of the attack needs to block. Below, I show it coming out of the middle because a majority will come from the middle back area.

Positioning Diagrams

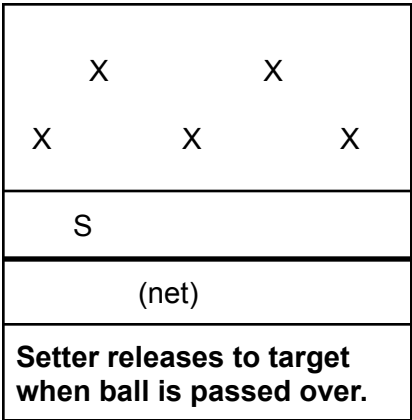
Base- Backrow setter (A team)



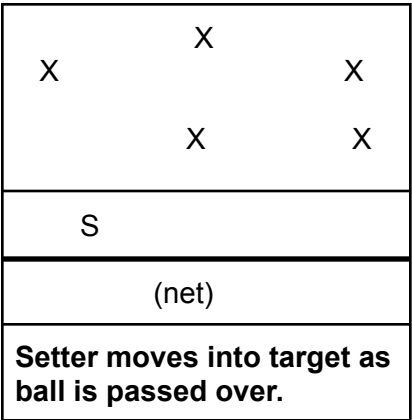
Base- Front Row setter (B team)



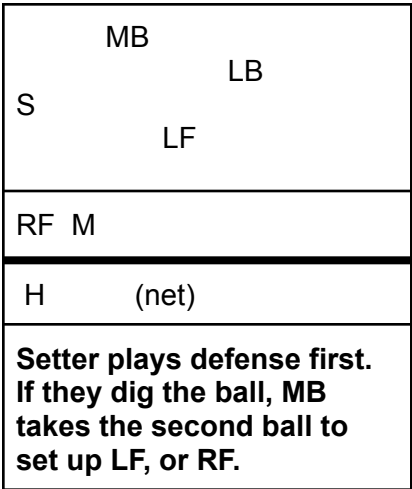
Freeball Transition- Backrow setter



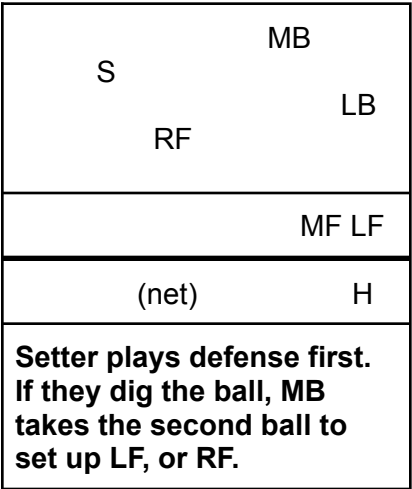
Freeball Transition- Frontrow setter



Defense- Left attack



Defense- Right Attack



Defense- Middle Attack

S	MB	LB
RF		LF
MF		
(net)	H	
If setter does not take first ball, they release to target when they see it's not their ball.		

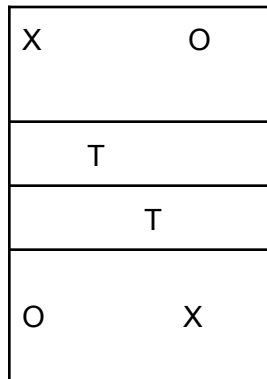
Defense- Back Row Attack

S	MB	LB
RF		LF
MB		
(net)		
H		

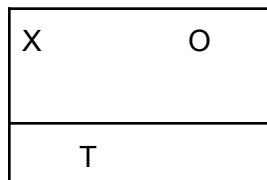
Practice Drills

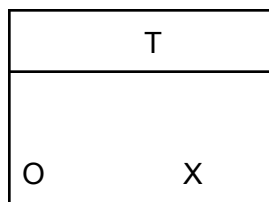
Passing:

- **Pass/Set to self-** This is a basic drill that can be done in warm up or with any dead time. This works on control and where to contact the ball with either option.
- **Partner control passing-** start with one partner tossing and one partner passing, then this can progress to partner passing trying to reach a common number before losing control of the pass.
- **Cone/ hand drill-** Set up for partner passing, with one partner tossing and one partner passing. The partner who is passing is going to be holding 2 small cones (or small objects if not enough cones) in their hands. As the toss comes, they are going to drop the cones/ objects and then pass the ball. This is to work on hands moving directly to the correct platform and less of the “praying” motion before a pass.
- **Butterfly Drill-** works on controlled passing and a modified serve receive
 - There will be two lines on each side of the net (1 throwing line and 1 passing line) and 1 person in target on each side.
 - How to form the lines: X: throwing lines, O: passing lines, T: target



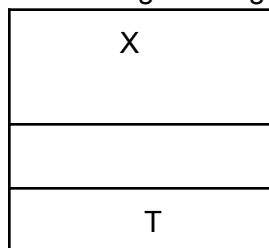
- The throwing lines will throw overhand to the passing line across the net. The passing line will pass to the target. This works on controlling the pass and reading it off of the throw. It also helps build muscle memory for overhand serves.
- They will rotate to each line continuously for a certain length of time. They will rotate from throwing line to passing line across the net to target to throwing line and continue.
- Rotation Guide:

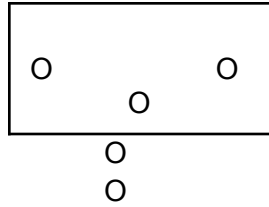




- **Partner Short Passing-** partner 1 is on the 10 ft line with the ball, partner 2 lines up in front of them on the end line. Partner with the ball will slap the ball for the second partner to run forward towards the ball. Partner 1 will toss the ball short in front of partner 2. The goal is for partner 2 to get to the ball on their feet for a controlled pass back to their partner.
- **Partner Deep Passing-** Partner 1 is on the 10 ft line with the ball and partner 2 is standing right in front of them. Partner 1 slaps the ball for partner 2 to drop step and run towards the end line. Partner 1 tosses the ball towards the end line for partner 2 to pass. The goal is to move their feet to the ball to make a controlled pass back to their partner.
- **Shuttle passing-** have 2 lines facing each other and one line has a ball. The line with the ball will toss it to the other line to start the drill. They will continue to pass it back and forth between the two lines. Each player will follow their ball to rotate lines. After they pass the ball, they will switch to the next line.
 - This can be done with or without the net. If you choose to use the net, the two lines need to be facing each other across the net. The net will add a layer of difficulty to not only have a controlled pass, but to also have to get it over the net to the other line.
- **Ohio State-** This is to work on passing to target in serve receive. On one side of the court will be a line of throwers/ servers and on the other side will be three passers and 1 target with a line behind the end line. One person will throw the ball over the net to the passers, the passers will call the ball and make the pass to the target. Set a goal and count how many balls are passed to the target in a certain amount of time. The players will rotate through the lines continuously for the allotted time. They will rotate from throwing to the passing line, the passer will rotate to the target, the target will shag the ball and rotate to the throwing line. This drill should be built up to the players serving instead of throwing the ball to start the drill. Throwing to start will help improve serving form and build strength while not bogging down in the drill due to missed serves.

- X: throwing/ serving line, O: passers/ passing line, T: target





- **Between the Legs-** This is a feet movement drill. The goal is to move their feet to the ball to make a better pass. This can be done in partners or done in the form of Ohio State depending on time and room for the drill. The players will not pass the ball, but will try to get the ball to land between their legs. Partner 1 will toss the ball and Partner 2 will try to move their feet to have the ball land between their legs. Both legs have to stay on the floor in ready position for the attempt to count. They cannot hike one leg, jump, etc. If they can get the ball to land between their legs with both feet on the ground, then they are in a good position to make a good pass. Good passing starts with being able to move to the ball properly.
- **Popcorn-** this is a continuous passing drill that involves communication and working on ball control and getting three touches. Start with three on one side of the net and the remaining player in three lines on the end line waiting to go in. Coach will toss a ball to start the drill. The first person will pass the ball to target, then they will run under the net to the other side. The second person will pass to the third person, then run under the net to the other side. The third person will pass the ball over the net, then run under the net to the other side. The same three will play the ball in the same order on the opposite side of the net. Once they have all three run under the net, the next three in line will step on to the court to play the ball being sent over and repeat the process. When the athletes have passed on both sides of the net, they will go get back in the lines.

Serving Drills:

- **Practice Toss-** The goal is to work on just the toss component of serving. This is a big part of a successful serve. Players can toss with one or two hands. (Two hands typically have more control in the toss.) Their feet need to be positioned like they are going to serve- for right handers, their left foot should be slightly in front of their right and vice versa for left handers. They will toss the ball like they are going to serve. The toss should not be more than 1 ft about their arm extended and should land right in front of their back foot.
- **Trapping the ball on the wall-** This also works on toss and where to contact the ball. The players will set up in front of a wall like they are going to serve. They will toss and swing to contact the ball and if they have tossed and swung correctly, they will be able to trap the ball on the wall with their hand. If the ball bounces off the wall, then something about their toss and contact is not correct. This could be the height of the toss, the timing of contacting the ball, or hand placement on the ball.

- **Serving Build Up-** the goal for this is to work on form. Players will have a partner and stand facing each other on the 10 foot line with one ball. They will take turns serving to each other. When they have both gotten a serve over, they will each take a step back. They will progressively move back until they are both serving from behind the end line. This works to practice the correct form and also build their strength. The players will be able to track their progress to see how far they are able to move back each time the drill happens.
- **Spider-** Serving game to create a spider web on the court through accurate serving. Have two teams on opposite sides of the court on the serving line. The first person in line will serve to start the game. They will serve over and in and go lay on the opposite side of the court where their ball lands. The rest of the team are to aim to hit the person on the floor. If they hit them, they will go lay down next to them and hold hands to start creating a web. The line of servers will continue to serve and try to hit their teammates laying on the ground. The first team with all of their players laying on the ground in the spider web wins.
 - If serving strength is a problem, they can move forward to be closer to the net. The point is to practice the correct overhand serve form.
- **Last Man Standing-** Serving game for girls struggling to work on getting the ball over the net. The goal is to not be the last person serving on your side. There will be two teams on each serving line. When a player serves over and in, they will go lay where their ball hit. If they are hit by a ball served from a player on their side, they will switch places and have to serve again. If the players on the ground do not get hit by the ball, but flinch when a ball hits near them, they will also go back to the serving line. When the line is down to the last person, they have one serve to either hit someone or make them flinch, or they are considered the last man standing.
- **Serve 10-** Set an allotted amount of time for getting 10 serves over and in the court. At the hs we give them 90 seconds. Time and number of serves can be adjusted as necessary depending on your practice plan.
- **Spot Serving/ Pressure Serving-** each person on the team gets one serve. Coach sets a goal for how many serves to get over and in out of the players on the team, so for example 5 out of 12 serves over and in. If the number is below the goal, they will have a consequence. If the number is above the goal, then they will have a new goal for the next time. This can also be done with serving specific spots on the court as well.

Game Like Drills:

- **Queens-** Three on three scrimmage game. There will be three players on each side of the court and have three lines on one of the end lines. The side opposite the three lines is the "winner" side. The players can initiate the game with a throw or serve depending on skill level. Whichever side wins will either stay on the winning side or they will go

under the net to the winning side and the next three will step onto the court. The losing team will get back in line.

- **Split Court-** Put an antenna in the middle of the net to make two courts. The players can then play in a “queens” format of 2v2. This allows many people on the court while still getting decent touches on the ball. The players should initiate with a throw as a serve.
- **6 man Chaos-** There will be six players on each side of the net to start the drill. Coach will enter free balls and the teams will play the free ball. Every time a team sends the ball over the team will rotate spots. The goal is to learn every position on the court and communicate with each other as they rotate. They could rotate multiple times in the play of one ball depending on how long they keep the ball in play. To help with extra people, each side will have lines waiting in left front and right back. Players will rotate to the line after right front and after left back.