

Volleyball Drills To View At Home

Players:

Please look over these videos on volleyball techniques for passing, serving and the attack steps for the outside.

All players should be working on passing at least 3 times a week.

25 passes is good / 50 passes is better / 75 passes is the best (All passes should be controlled and passed to the target (setter) at the 10 foot line, away from the net.

Starting serve receive passing posture when passing a volleyball:

Click on link: https://www.youtube.com/watch?v=4Oic1Bi_7Ao

Option 1 - Hands-on knees, tall and athletic posture

Option 2 - Arms down, tall and athletic posture

Option 3 - Start with hands together

Goal - Not too low and Not too high on any option

Passing Keys:

Click on the link:

<https://www.youtube.com/watch?v=Cd7G3OD56KQ&list=PLivUBWQJpok7dNX8650MCYg0AcFqVmNZb&index=3>

Forearm Passing Keys:

1. Wrists and hands together
2. Straight and simple
3. Face the ball, angle the platform
4. Shuffle
5. See the server, see the spin

(A RIGHT pass is good... a LEFT pass is better)

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Standing Float Serve:

<https://www.youtube.com/watch?v=2P7Rbdumu54>

Option 1 - Step, Toss, Step, Hit

Serving Key 1 - Bow and Arrow

- Stand 45 degrees, ball in one hand hitting elbow and shoulder back

Serving Key 2 - Step, Place, Step and Hit

- Contact on heel of hand

Serving Key 3 - Step & Swing to Target

Option 2 - Toss, Step, Hit - No Step

Serving Key 1 - Bow and Arrow

- Stand 45 degrees, ball in one hand hitting elbow and shoulder back

Serving Key 2 - Place, Step and Hit

- Contact on heel of hand

Serving Key 3 - Step & Swing to Target

Spiking Teaching Keys

<https://www.youtube.com/watch?v=fMxGG1Ph7-Y>

Spiking Key 1 - Four-Step approach

- Right - Left - Right - Left

Spiking Key 2 - Double arm lift

Spiking Key 3 - Bow & Arrow arm swing

Spiking Key 4 - Torque