
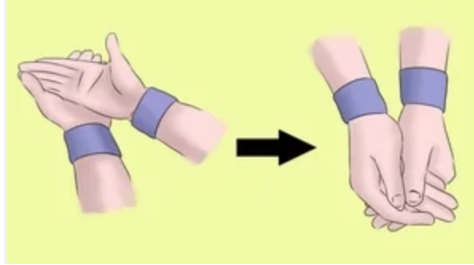
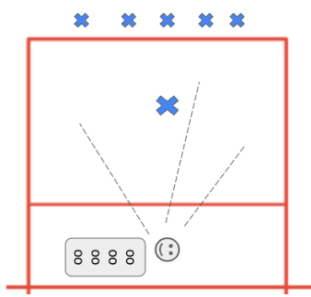
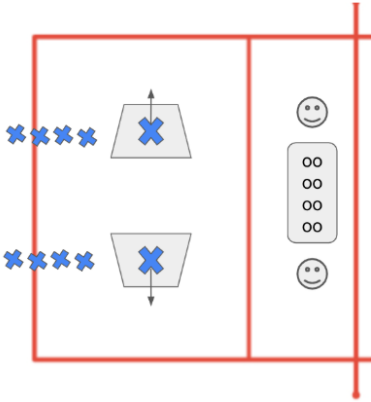


DAY 1 - YMCA VOLLEYBALL PRACTICE

TIME	CONCEPT/SKILL/DRILL	ILLUSTRATION
5 minutes	<p>Teach BASIC BODY POSTURE for Passing</p> <ul style="list-style-type: none"> - Athletic stance <ul style="list-style-type: none"> • Feet shoulder width apart • Knees bent, but not in a squat (should be comfortable) • Shoulders in front of your hips • Arms slightly bent out in front of you (like you're holding a log) • Hands open and palms facing up <p>PASSING</p> <ul style="list-style-type: none"> - Hands: Pancakes & sausage Or Pig in a blanket (NOT crossing their fingers like they're praying) - POINT THUMBS DOWN towards the floor - Keep distance between your body and your arms - don't let your arms swing down between your knees <ul style="list-style-type: none"> • Use a volleyball or basketball - have the players put it under their shirt (like a pregnant belly). This is the distance that should be kept at all times. - Little arm swing/movement - stay below chin (less movement is better) 	 <p>Ready Position</p> <p>Posture Video: https://www.youtube.com/watch?v=8LHOW3n8SsU</p> <p>Pancakes & Sausage:</p> 
5-10 minutes	<p>INTRO DRILLS</p> <p>Ball Rolls</p> <ul style="list-style-type: none"> • Coach (or player) rolls the balls in various directions. • Players have to shuffle and move to allow the ball to pass between their legs. <p>Tennis Ball Tracking</p> <ul style="list-style-type: none"> • Players hold a cone upside down between their arms (near their wrists) and try to catch a tennis ball in the cone (teach them to watch the ball all the way to their arms) • For younger players, you could use a small hula hoop instead of a cone 	 <p>Ball Rolls Instagram Video: https://www.instagram.com/p/CsRajhGpdS1/</p> <p>Tennis Ball Tracking Instagram Video: https://www.instagram.com/p/CzHfmo7PXhl/</p>
20 minutes (5 minutes each)	<p>PASSING PROGRESSION <i>(for each of these drills, you can use the ball under their shirt to help with less arm swing)</i></p> <p>Knee Passing</p> <ul style="list-style-type: none"> • Have players kneel on one knee. Make sure 	

	<p>they are leaning forward (ish) with their shoulders in front of their hips.</p> <ul style="list-style-type: none"> • Coaches (or other players) toss the ball to the passer. The passer passes straight back to the tosser. <p>Chair Passing</p> <ul style="list-style-type: none"> • Have players sit on the edge of a chair. Make sure they are leaning forward (ish) with their shoulders in front of their hips. • Coaches (or other players) toss the ball to the passer. The passer passes straight back to the tosser. <p>Standing Passing</p> <ul style="list-style-type: none"> • Have players stand. Make sure they are leaning forward (ish) with their shoulders in front of their hips. • Coaches (or other players) toss the ball to the passer. The passer passes back to the tosser. <p>Partner Continuous Passing</p> <ul style="list-style-type: none"> • Players work with a partner and see how many times they can pass the ball back and forth with each other 	
<p>10 minutes</p>	<p>SERVING DRILLS</p> <p>Underhand Serve</p> <ul style="list-style-type: none"> • Have players serve into the curtain 	

DAY 2 - YMCA VOLLEYBALL PRACTICE

TIME	CONCEPT/SKILL/DRILL	ILLUSTRATION
5 minutes	<p>Reminder: BASIC BODY POSTURE for Passing</p> <ul style="list-style-type: none"> - Athletic stance <ul style="list-style-type: none"> • Feet shoulder width apart • Knees bent, but not in a squat (should be comfortable) • Shoulders in front of your hips • Arms slightly bent out in front of you (like you're holding a log) • Hands open and palms facing up <p>PASSING</p> <ul style="list-style-type: none"> - Hands: Pancakes & sausage Or Pig in a blanket - POINT THUMBS DOWN towards the floor - Keep distance between your body and your arms - don't let your arms swing down between your knees <ul style="list-style-type: none"> • Use a volleyball or basketball - have the players put it under their shirt (like a pregnant belly). This is the distance that should be kept at all times. - Little arm swing/movement - stay below chin (less movement is better) 	
5-10 minutes	<p>INTRO DRILLS</p> <p>Hula Hoop Tracking</p> <ul style="list-style-type: none"> • Players hold a hula hoop their arms • The coach tosses a ball away from the player • The player has to move to make the volleyball fall through the hula hoop 	<p>Hula Hoop Tracking Instagram Video: https://www.instagram.com/p/C5TWJMXsuMg/</p>
20 minutes (5 minutes each)	<p>PASSING PROGRESSION - ANGLES</p> <p>TEACH: When passing using angles, you have to drop your shoulder. Pass from outside your hip.</p> <ul style="list-style-type: none"> • If passing outside of your body on your right side, drop your left shoulder and create an angle with your arms back to target. • If passing outside of your body on your left side, drop your right shoulder and create an angle with your arms back to target. • **I always say, the target should be able to see themselves in the mirror on your platform. <p>Knee Passing</p> <ul style="list-style-type: none"> • Have players kneel on one knee facing out away from the coach/tosser. The knee furthest from the coach/tosser should be up. • Coaches (or other players) toss the ball to 	<p>Angle Passing Progression Instagram Video: https://www.instagram.com/p/CmfCccHNHCP/</p> 

the passer. The passer passes straight back to the tosser.

Sitting Passing

- Have players sit on the floor with their body facing out away from the tosser.
- Coaches (or other players) toss the ball to the passer. The passer passes straight back to the tosser.
- Passers spin around and pass from the other side as well.

Chair Passing

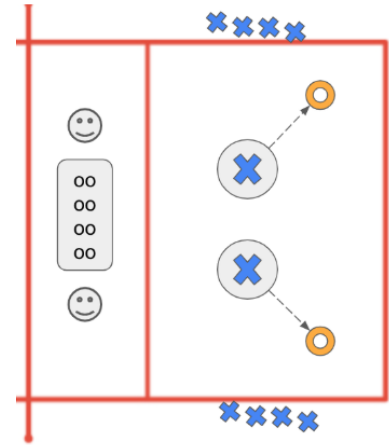
- Have players sit on the edge of a chair facing out away from their coach/tosser. Make sure they are leaning forward (ish) with their shoulders in front of their hips.
- Coaches (or other players) toss the ball to the passer. The passer passes straight back to the tosser.

Standing Step-Back Passing

- Have players stand. Make sure they are leaning forward (ish) with their shoulders in front of their hips.
- Coaches (or other players) toss the ball to the passer. The passer passes back to the tosser.

Partner Continuous Passing

- Players work with a partner and see how many times they can pass the ball back and forth with each other



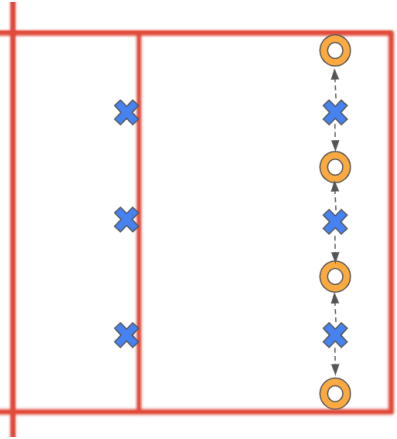
10
minutes

SERVING DRILLS

Underhand or Overhand Serve

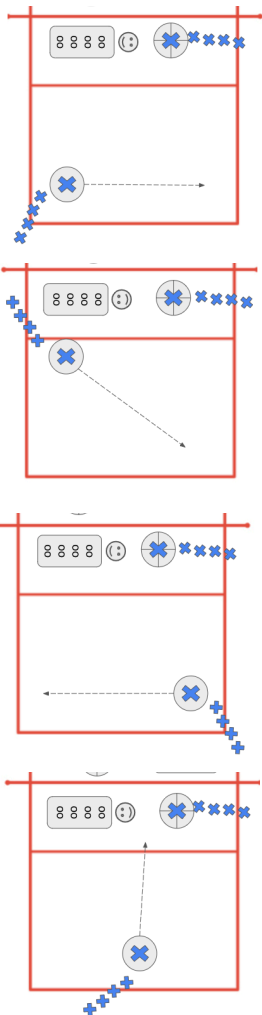
- Have players serve into the curtain

DAY 3 - YMCA VOLLEYBALL PRACTICE

TIME	CONCEPT/SKILL/DRILL	ILLUSTRATION
5-10 minutes	WARMUP PASSING DRILLS <ul style="list-style-type: none"> • Knee Passes & Standing Passes with a partner 	
10 minutes (5 minutes each)	PASSING PROGRESSION (do these drills facing the curtain so players can practice passing the ball over the net (into the curtain)) BELLY DRILL <ul style="list-style-type: none"> • ROUND 1 - 1 Person at a time <ul style="list-style-type: none"> ○ Players start on their belly facing the curtain (about 20 feet from the curtain) ○ Coach (at curtain) tosses a ball straight up (above head height) ○ Once the ball is tossed, players have to get up quickly and try to pass the ball straight up off the bounce • ROUND 2 - 2 Players at a time <ul style="list-style-type: none"> ○ Have 2 players start on their belly about 20+ feet from the curtain about 5 feet or so away from each other (head at the curtain) ○ Coach (at curtain) tosses a ball straight up (above head height) ○ Once the ball is tossed, both players get up and have to work together to get 2 touches - Player A passes the ball up and player B passes the ball into the curtain 	Belly Drill Instagram Video: https://www.instagram.com/p/DCwbc0IKaML/ (this isn't exactly the same, but it gives you an idea.. You can create whatever variations you want to)
10 minutes	Triangle Passing <ul style="list-style-type: none"> • Have players partner up • One player will be the passer and one will be the tosser • The passer shuffles between two cones • When the passer gets to a cone, they stop and the tosser tosses the ball to them to pass straight back • Extra players can help shag balls that don't go directly back to the target 	 <p>The diagram shows a rectangular court layout with a red border. A vertical line is drawn near the left side. Three blue 'X' marks are placed along this vertical line. To the right of this line, there is a vertical line of five orange circles representing cones. The top and bottom circles are connected to the vertical line by dashed vertical lines with arrows pointing towards the cones. This indicates the path of the passer between the cones.</p>
5-10 minutes	SETTING/OVERHEAD PASSING <ul style="list-style-type: none"> • Put players in 3-4 lines. Each line will need 1 volleyball. • The first player sets the ball above their head as they walk towards the net. • When they get to the net (or use a cone or 	Instagram Video: https://www.instagram.com/p/C42CjFosU_5/

	a different line on the floor so they don't go as far), they turn around and try to set the ball all the way back to their line	
10 minutes	SERVING DRILLS Underhand/Overhand Serve <ul style="list-style-type: none">• Have players serve into the curtain	

DAY 4 - YMCA VOLLEYBALL PRACTICE

TIME	CONCEPT/SKILL/DRILL	ILLUSTRATION
5-10 minutes	<p>PASSING DRILLS</p> <ul style="list-style-type: none"> • Knee Passes & Standing Passes with a partner • Sitting and kneeling angle passing with a partner 	
20 minutes (5 minutes each)	<p>PASSING PROGRESSION - RUN THROUGHS</p> <ul style="list-style-type: none"> • Start the drill with at least 4-5 people in the target spot • The coach slaps the ball before tossing the ball in the direction of the dashed line/arrow (see pictures) • Players have to run to pass the ball back to target • Players move from passer to target. • Whoever is standing on the target dot is the player who shags that pass. They put it in the cart and go to the passer line. 	
10 minutes	<p>SERVING DRILLS</p> <p>Underhand Serve</p> <ul style="list-style-type: none"> • Have players serve into the curtain 	