



Practice Plan with focus on TRANSITIONS

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Suggested Time: 150 minutes

[Click here to watch the videos that correspond with this practice plan on the Art of Coaching Volleyball website](#)

Goals of Practice

- Work on incorporating foot movement into warmup and drills
- Work on transition from dig to attack and cover hitter to attack
- Continue daily work on Serve and Pass
- Side out and transition work in 6 vs. 6 environment

General Practice Philosophy

- Lots of foot movement that is incorporated into skills (shuffle, run, change of direction, etc.)
- Tempo of practice varies from high intensity to lower intensity back to higher intensity
- Repetition is key to skill development
- Not a lot of stopping to talk. If player needs feedback or correction of skill, take aside while drill continues

Drills

- Progressive shuttle drill warm-up – *Bill Neville*
- Dig tip drill – *Mark Barnard*
- 4 vs 4 kamikaze drill – *Beth Launiere*
- 5 before 3 serve-pass drill – *Michael Seemann*
- Coach on a box drill – *Doug Reimer*
- Penn State coverage drill – *Russ Rose*
- Side and deep serve – *John Dunning*
- Xena warrior drill – *Karch Kiraly*

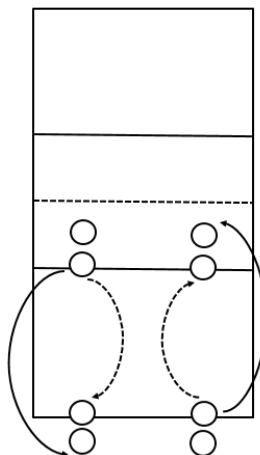
Post Practice

- Since the focus was transition, keep dig to swing hitting stats for the day then post for player feedback
- Video review of transition attack approaches, since that is a major fault with low hitting percentages on transition
- As always, there is a focus on the serve and pass skills. How was performance? Do specific players need extra work?
- Performance goals for tomorrow. To impact performance, in this case transition attack, it is beneficial to come back and make it a priority several consecutive days. This will provide players with opportunities to improve in this specific area.
- Performance goals for tomorrow might be:
 - Improvement in attack efficiency in a transition situation
 - Monitor balls covered off the block
 - Video of transition approaches for areas of improvement

Notes

Progressive shuttle drill warm-up (Bill Neville)

- 1) Get team into groups of four – 2 players on the baseline, 2 players on the 10ft line -perpendicular to the net
- 2) The ball moves back and forth between the players on the baseline and 10ft line
- 3) After a player contacts the ball, s(he) follows the ball and gets in the opposite line
- 4) Progression of skills (about 90 sec for each skill): overhead passing, forearm passing, jump-setting, and bump to oneself, then back-set to partner
- 5) **Competition:** groups complete to get 30 in a row of each skill in a 4 minute time window

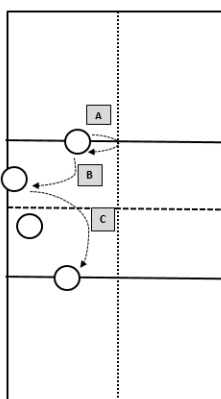


Coaching notes

- Make sure players move quickly at all times
- Focus on skill execution
- You can add variety, emphasizing a low posture when passing, or setting a high or low ball, passing outside body line, etc.

Dig tip drill (Mark Barnard)

- 1) Get team into groups of four – 2 players on either side of the net, only on half of the court
- 2) 1 player on the net, 1 player on the 10ft line (both sides)
- 3) Player on the 10ft line contacts the ball twice. S(he) **(A)** passes to herself, then **(B)** sets the player on the net
- 4) Player on the net **(C)** transitions and tips to the opposite 10ft line player (net player blocks)
- 5) Blocking player transitions to tip while player on the 10ft line passes and sets.
- 6) After the player on the net tips, the two switch positions.

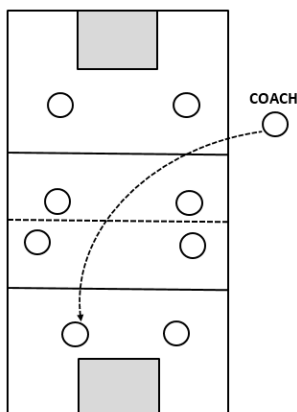


Coaching notes

- Since transition is a focus of the practice, this drill will get players moving and thinking about transition approaches after blocking
- Controlled drill that completes warm-up

4 v 4 kamikaze drill (Beth Launiere)

- 1) 4 on 4, one side is the winning side and one side is the challenge side
- 2) Coach must create a box in zone 6 (middle back of the court) where hitters cannot hit
- 3) Balls are entered to the challenge side and the point is played out like normal volleyball
- 4) The first team to two points wins one big point
 - a. If challenge team wins, they move to winning side
 - b. If winning team wins, they remain
- 5) Play to five big points

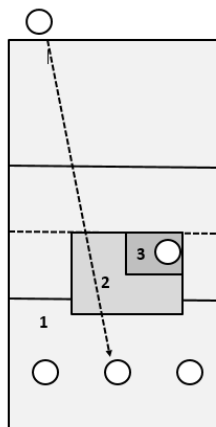


Coaching notes

- This competitive drill will pick up the tempo of practice and incorporates attack, set, defense and blocking
- Change scoring as needed (point reduction for errors, play by time, points for block, etc.)
- Transition was a focus of this session, so extra attention to transition attack approaches

5 before 3 serve-pass drill (Michael Seemann)

- 1) Side one: 3 passers and a setter on the net (extra passers on the end line ready to switch in)
- 2) Side two: line of servers
- 3) Passers get points for "3" passes and serving errors. Servers get points for aces and "1" and "2" passes
 - a. Setters can wash a "2" pass with a good outside/right side set
 - b. Passers try to get 5 points before servers get 3 points

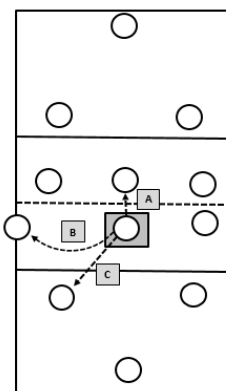


Coaching notes

- As the previous drill was a high intensity defensive and transition drill, this will allow recovery while focusing on two mental and technical skills
- You can eliminate the wash component which will allow a point to be scored each serve
- Consider initiate the serve with a whistle, since that is more game like and will encourage the server having a routine each time

Coach on a box drill (Doug Reimer)

- 1) Team of six on one side, on the other side is a coach on the box with five players in other positions
- 2) Coach on the box can:
 - a. Hit at the middle on the opposite side
 - b. Toss the ball as a set to his/her pin hitters
 - c. Turn around and tip/hit at his/her backrow who will set an out of system ball

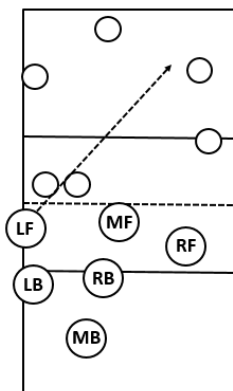


Coaching notes

- Focus is on dig to swing, but the drill can focus on multiple situations
- Have multiple boxes so coach can move along net creating different points of attack
- Can work in criteria for success (+5 successful dig to attack, for example)

Penn State coverage drill (Russ Rose)

- 1) Regular 6 v 6 game
- 2) One team receives 3 balls in a row (1st from a serve, 2nd and 3rd as a downball from a coach)
- 3) Scoring:
 - a. Receiving team gets 2 big points if it wins all 3 points
 - b. Receiving team gets 1 big point if it wins 2/3 points
 - c. Non-receiving team gets 1 big point if it wins 2/3 points
- 4) Bonus points:
 - a. Receive team gets a big point from a covered block
 - b. Non-receive team gets a big point from a block

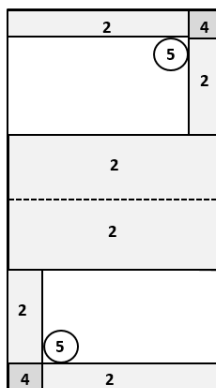


Coaching notes

- Moving toward 6 vs 6 focus
- Keep talk to minimum so as not to slow the drill
- Make sure players are talking and taking responsibility for covering the blocked ball, then getting a transition swing

Side and deep serve (John Dunning)

- 1) Players split on both halves to serve (they must shag their own ball after each serve)
- 2) A coach stands 5 feet from the end line and 5 feet from one sideline on both sides of the net
- 3) Scoring:
 - a. **2 points:** serve that lands in front of the 10ft line, between the coach and the sideline, or between the coach and the end line
 - b. **4 points:** serve that lands between the coach and the sideline AND between the coach and the end line
 - c. **5 points:** serve that hits the coach

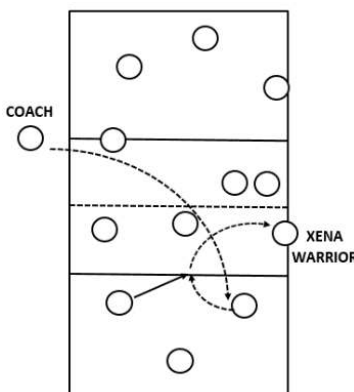


Coaching notes

- After high intensity 6 vs. 6 drill, this will allow recovery while getting in quality serve contacts with a focus on serve accuracy
- As with any serve drill, you can incorporate a passer without changing the scoring. This will allow passers to get contacts while the servers are getting contacts

Xena warrior drill (Karch Kiraly)

- 1) Regular 6 v 6 game with the starting score tied at 22-22
- 2) When one team wins, they must win an additional point to lock it in (determined by coach beforehand).
Examples:
 - a. Out of system left side attack
 - b. Middle hitter hitting slide
- 3) The player who makes the play is called the Xena Warrior. If the Xena Warrior doesn't score, then the game is washed.



Coaching notes

- Last drill for this session. Work on team systems on both sides of the net
- Can adjust scoring as needed (serve two in a row to get one point, extra point for dig to swing since that is focus of practice)
- Lock in point, must defend an opponent attack, transition score