

Kelvin
Monica
Angelique



Coach Name: Aerianna Smith

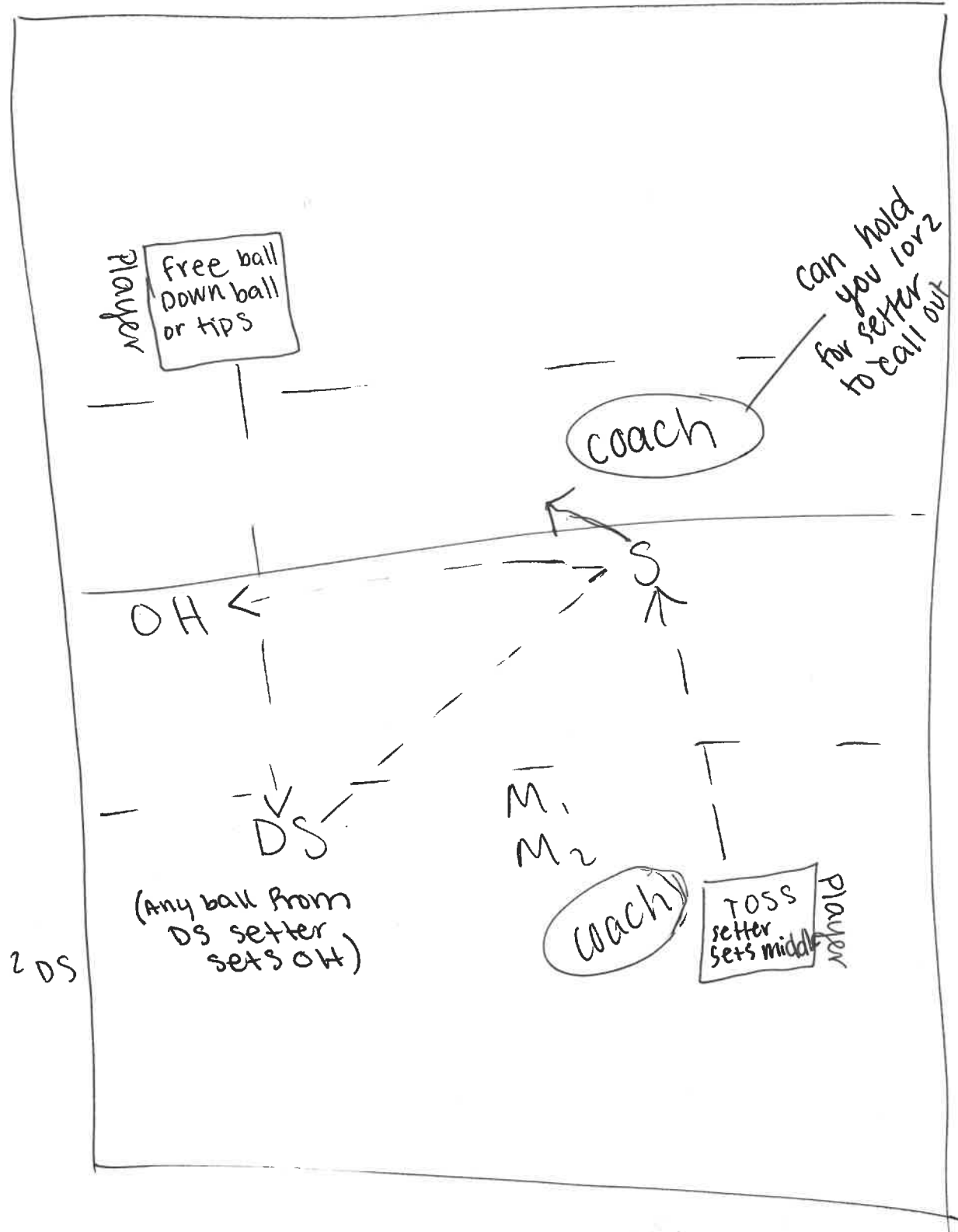
Date: 11/23/24

- Concepts = control chaos + stay engaged
- NAME - chaos Drill objective: limit unforced errors 80%. 1 setter focus
- it's fun b/c it is quick and you can continue to add and make it more challenging
- Coach can stand anywhere or by the setter or by the toss to setter they should be giving most feedback to setter but OH, M, DS, S are all working so they can direct them as well (passers should be calling a spot for hitters to hit)
- game like b/c the 1st ball goes to DS, setter sets OH, 2nd ball is tossed to setter immediately setter then sets middle - round 2 same kids still going you can make it more challenging by doing a down ball then same thing (to add another skill 3rd ball can be a tip over block DS gets it up -> setter does a setter dump) then next ~~DS~~ you quickly rotate.
- Point system either 3 per round/4 balls or 6/8 balls you don't want to have negative score at the end. the score can be added to the setter or to the group as a whole. you can also add/take away to make it fit your teams skill level

• opportunity to read -> coach can step side to side to make setter read "blocker"
Add colors to make it more difficult to make hitters read and hit in a specific spot

Court drawing on back

each Hitter gets 2 balls than switch



6-9 player drill everyone else shags

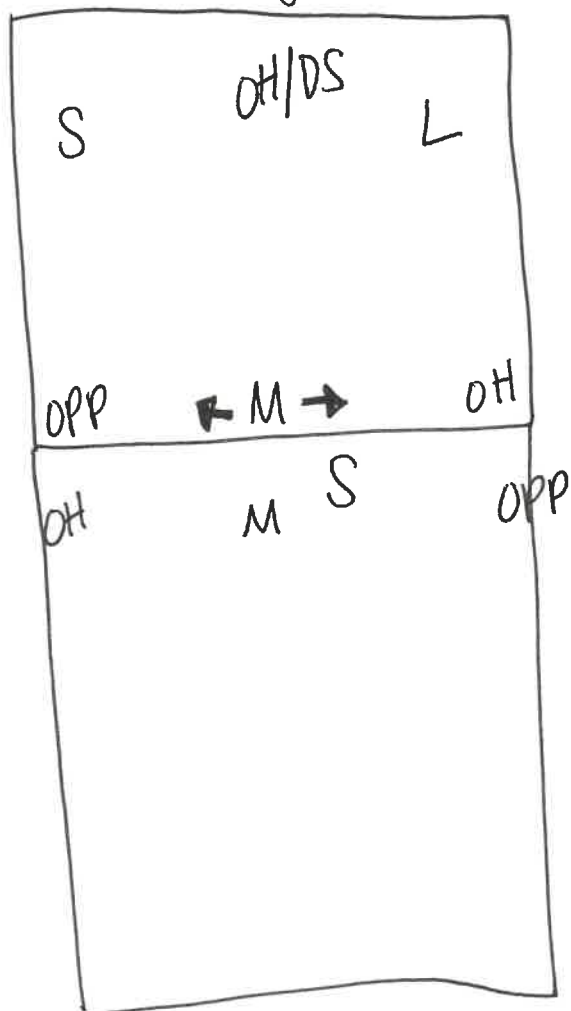


Coach Name: Miranda Cada

Date: 11/23/24

Setter Eye Sequencing Drill

- Setter and Pin Hitters on 1 side, 6 on other
- Score is totaled if middle tricks setter and if hitters score a point
- Game like and fun because it involves everyone and girls have the opportunity to develop and practice "game-like" IQ thinking skills



* Objective is for setter to read middle or middle to try to trick setter. Other players on team have to also read and be ready on defense



Coach Name: Chema-Val-Rosa NMBVB

Date: 11/23/24

Name of drill

Back row vs. Defense

Objective

improve back row attack
Setters to work on placement
back row to ~~score~~ score
defense to read.

Fun:

Competition

Explain

2 middles initiate first contact (downball)
3 defenders / hitters
1 setter on each side

Middles take turns initiating the play after each ball dies

Explain how to get points:

if can't attack but give free ball = lose point
if attack score = 4 pt.
To get to 7 pts.

Coach

Coach taking stats on how many attempts to get to 7.
Stand on sidelines

Opportunity to read = middle blocks, defenders read

What makes it game like? = ~~work~~ across the net, back row
ball control, attack

What makes it stop? whoever gets to 7 first.



Favorite Drill Worksheet

Ita tumber Franco

Coach Name: Scott Spiess, Yesmina, Rossana Date: 11/23/24

"EXCHANGE" - 4 v 4 (setters stay)

VARIATIONS → Randomize groups. (Let Liberos stay)

OBJECTIVES: - Keep Ball Alive (PASS/SET/HIT)

- Communication

- Movement/exchange

- Over Net cooperation

- 15 in 5 min. (in a row)

CONCEPTS: - Teamwork/Cooperation

- Skill work

FUN: - stay focused (exercise off court)

- in a row (challenging) - Scoring

- Attaining a goal

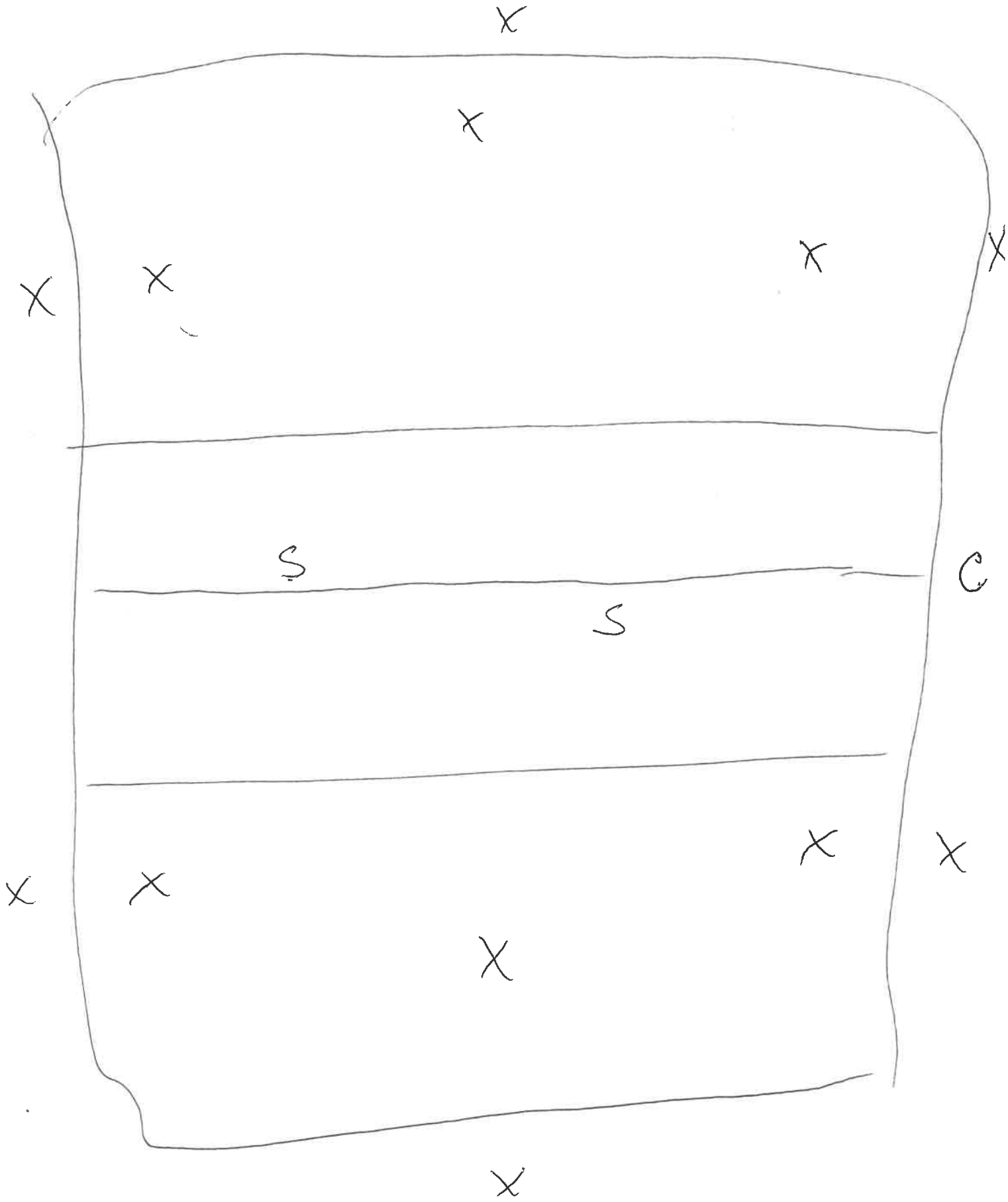
Involves all players

COACH: RZ position, coach fed (player fed), CATCH THEM DOING IT RIGHT (Positive Feedback)

READ: OTW, set location, ball entry

Game like: 3 hits, offense/defense, scoring/goal

STOP/END: Time or goal met





Favorite Drill Worksheet

USAVolleyball

Semiasis River Israel Delgado

Coach Name: Tania Agosto Shane Lancaster

Date: 11/23/24

Name: Color 4v4 * 2 Blocker
* 2 Pass

Objective:

- Work on Transition After Block
- Work setting ball out of System
- Hitting: attack vs vision

Red
Angle (Cross)
Blue
Line

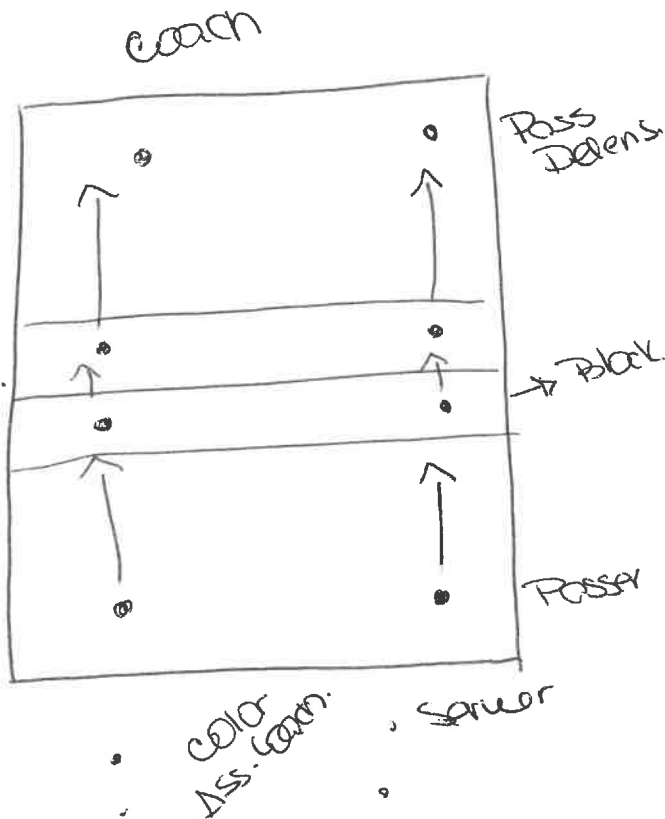
* Bonus point for team that match color and win the rally

Fun: Opposite side has to look at the color after the initial pass

Score: each team keep score

Coach: Outside ~~watching~~ color that player said is correct.

Note Step: Score reach to 8 points





Favorite Drill Worksheet

Joshua Cao

Carlos Castro / Monica Castro

Coach Name:

~~Carlos Castro~~ Kenner Rodriguez

Date:

//

Name: Balloon Relay Competition Drill

Purpose: Develop communication, reaction, agility, and running (speed)

Design: Divide the team in two lines with a coach with a balloon. The coach toss the ballon on the other side of the court. The 1st player must run and hit the balloon, and runs back to the line and the next player run to hit the balloon, and one team drops the balloon until

Score: A team score a point when the other team drop the balloon.

Coaches: On court (on the other side) tossing the balloon, cheering and keeping score. Assessing the awareness and agility skills.

Game like: The gamelike is the awareness to pursuit the balloon.

Steps: A team scores 3 points.

USAV Coach Development Clinic

Favorite Drill Worksheet Broadway / Broadway r @ lake.k12.fl.us



Coach Name: Vepez; Villar; Montilla

Date: 11/23/24

Name: Server/Receiver Battle

Objective: improve serve receive, with purpose of avoiding aces & improving transitions

Explain Involvement:

Two ~~teams~~ groups split into teams, on serve receive.

+ Perfect - 3
+ Good - 2
! Okay - 1
out of system - 0 (keep score)
7 passing group

Scoring - 0, 1, 2, 3

Coach position - see diagram

gamelike - serve receive

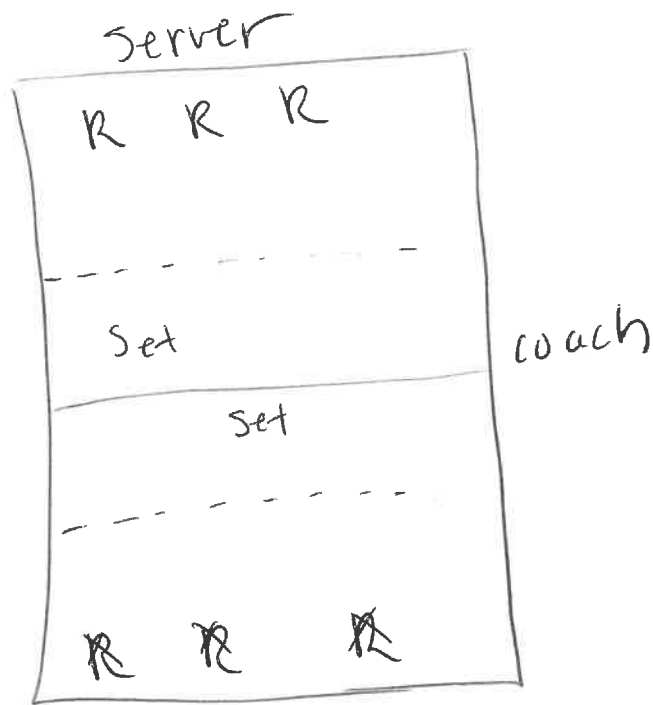
end - team to 10

YEPEZ - OSWALDO.YEPEZ6@GMAIL.COM

Villar - vandres1112@gmail.com

Ramon Montilla oansaramon@gmail.com

Coach



Coach

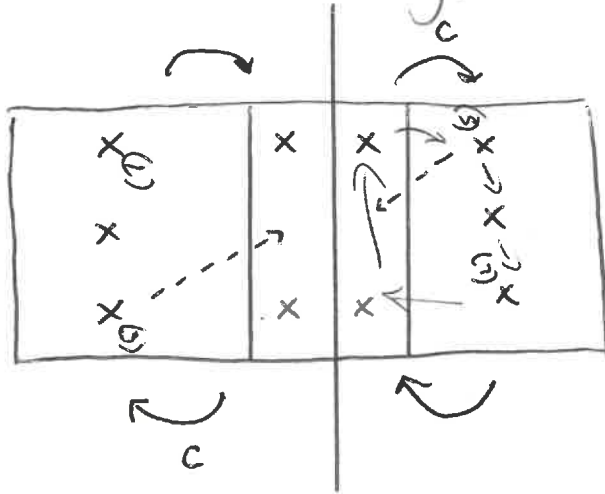
Server

Coach



Coach Name: mateo, Aubrey, Bree, Tom

Date: 11-23-24



OOS Team pepper
 2 Pin hitters, 3 in back. All players play all positions. Setter in 1, Libero in 5. Rotate after ball sent over.

Objective: teach BSBH, OOS Play, Solo block.
 What makes it fun: Players rotating into all positions and rotating after ball sent over.

All players involved. Starting 5x5. Off court players rotate in

Coach on sideline. Over for OOS, send ball high, 5x5 target.

Players reading BSBH & solo block. Square up to hitters.

If cooperative team pepper, drill can stop after time or # of successful over net completions

If ~~game like~~ gamelike, drill ends based on set score.



Coach Name: ^{John Thompson} Betsy Williams, Derek Washington, Fernando Barreira, Date: 11/23/24

- Around the World
- Serve to every zone and partner has to catch or pass to self.
1 time each and switch.
- Team work! Being able to be successful with a hard fast!
- Everyone has a partner and a ball.
- Counting each zone.
- Coach is encouraging and giving serving instruction.
- Coach is standing near net to observe tough serves but also moves around to give instruction.
- Receiver of the ball can watch where server is facing.
- Serving begins the game. Passing to self works on footwork and ball control.
- The drill stops when both partners have completed ~~the~~ serving around the world.

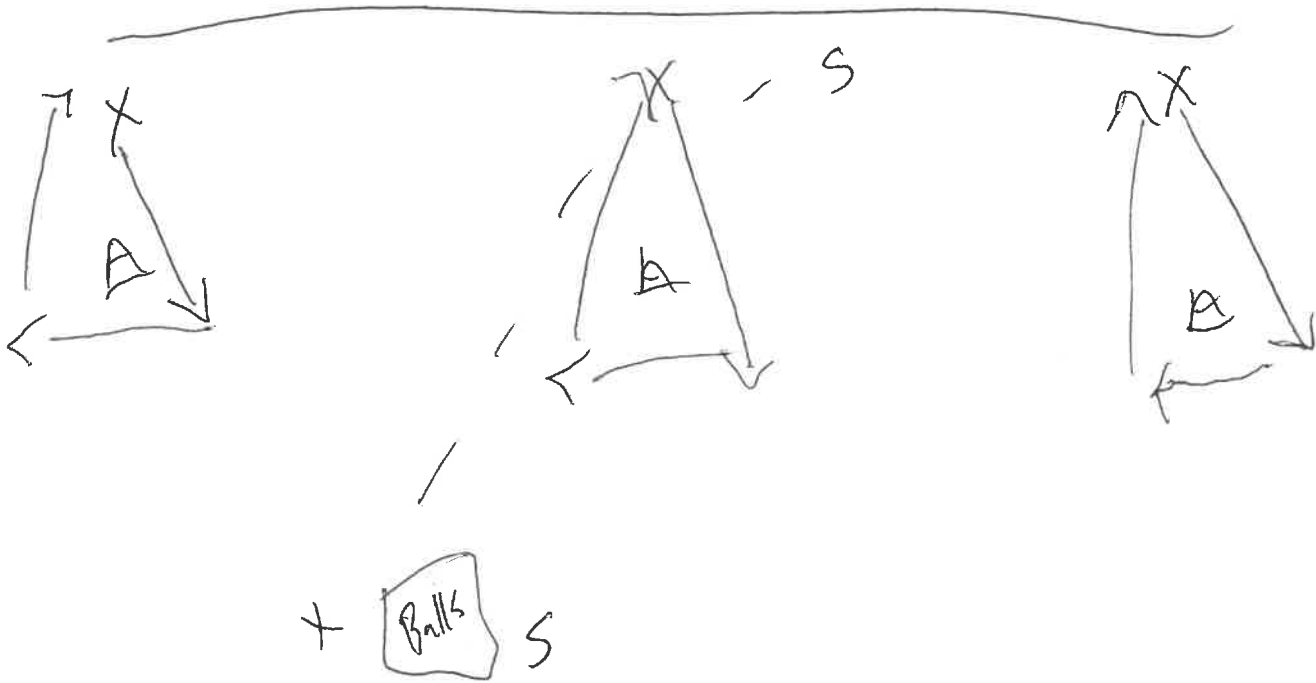


Favorite Drill Worksheet

Coach Name: Stephen Young
Joe Grennon

Date: 11/23/24

Works on Hitting Footwork
Hitting Reps
Setter Reps





Favorite Drill Worksheet



Table 1

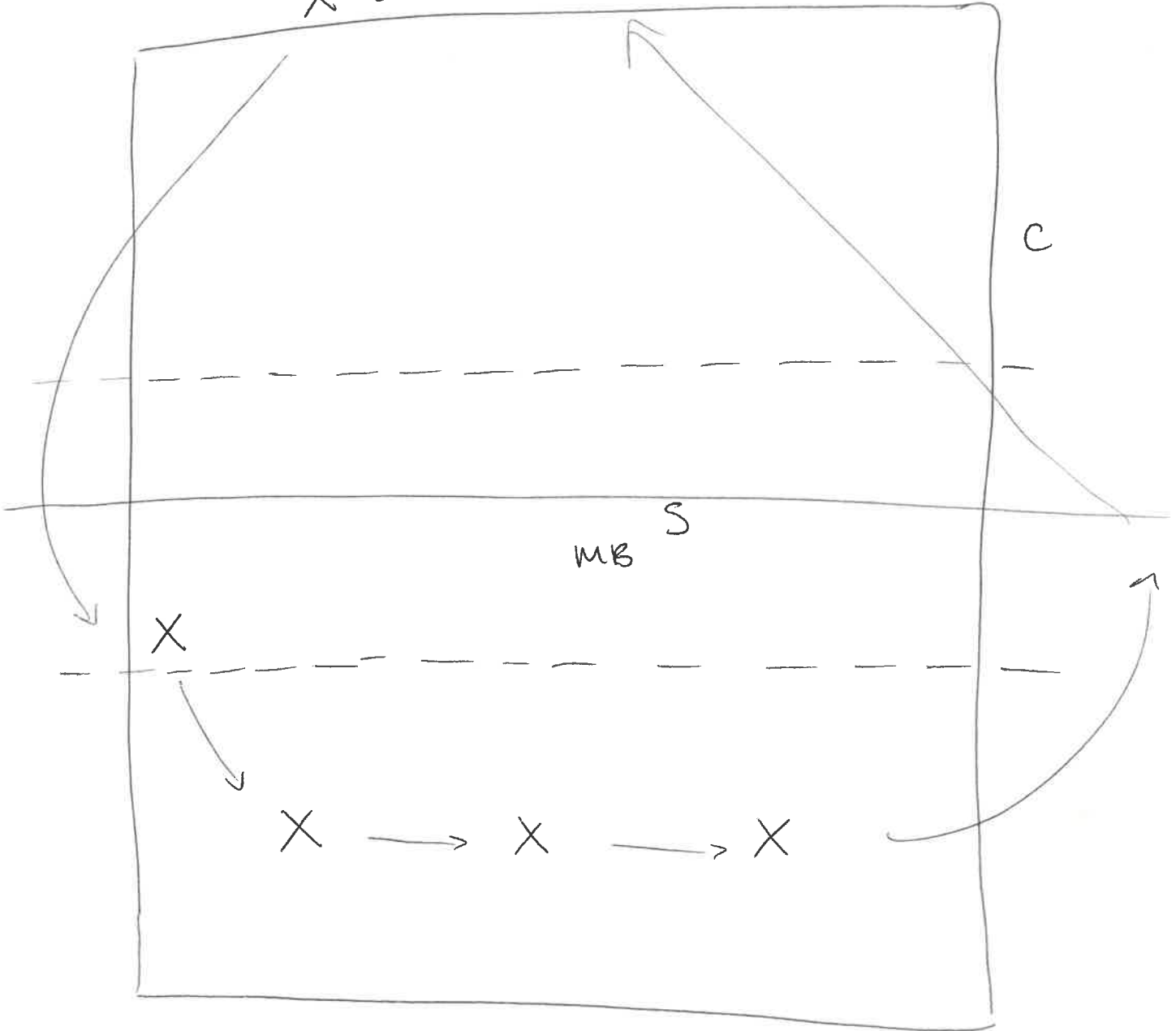
Coach Name: Franky Zamora (Timed SR)

Date: 11/23

Madison Kleinmeier
Ashley Kandarappalil
Julio Cruz

X X X

X (serve)





Coach Name: Dennis Rios, Mya Holson, Wade Carlson Date: _____

Activate/Terminate

* In game adjustment * individual task/role/skill

6 on 6

Team A - B must activate
perform a particular task and "score" to get
activated
game to 15

~~once~~ once activated the team can score any way
once you get 15 points you need to terminate.
to terminate you need to perform a different task
and score

Coach can enter the ball (FB or DB) to keep the ball moving

why fun & competing, fast pace, game like

objectives

- individual task
- adjust to teams
-



Favorite Drill Worksheet

Edgardo Nieves
Dexter Rogers

Coach Name: Brittani Warren

Date: 11/23/24

~~Neville's~~ Pepper all w/ Paige Subjinski

concept: attacking, emotional control, defensive, stamina,
↳ whatever was discussed day of

drill objective: attacking

points: 2 - line 1 - tip 1 - bonus pt (kill)
1 - court 1 - off block

fun: competitive, fast paced, challenging

how to involve everyone: 2/3 v. 6, rotate in, extras shag

score/value: above points, points per two min.

coach stand/say: off court, calls/time/score

show opp. to read: 3 read defense/offense, read block, space for points

game like: competitive, points, 6 rotation

stop: when last group time ends



Coach Name: Paige Ski

Date: 11-23-24

NEVILLE'S PEPPER

Concepts: attacking, defensive, stamina, competition, emotions, serve consistency, etc

Drill Objective: attacking

2 pts line

1 pt court shot

1 pt tip

1 pt off block

1 kill bonus pt

FUN? : competitive, fast paced, challenging, process

Involvement: b v 3 (extra's shag)

Coach: stands outside court, calls time, score

Reading: 3 defense, blocks, space for points

Gamelike: vs b, points, pressure, challenge

Stops: at end of time after each team has gone