

Twelve weeks of adult volleyball

One block of a season, from the first contact to the complete rally

12 sessions

one per week

90 minutes

the same shape every time

One court, one coach

one team, no extra staff

INSIDE

2 How a session works

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17 Core sets and the drill index

Every session follows the same shape: 10 minutes of warm-up, 5 minutes of core, three drills of 18 minutes and a game of 20. Every drill in this programme has its own page with an animation on koachvolleyball.com — the link sits under the name.

How a session works

Twelve sessions that fit half a season. The first contact and setting, then the whole attacking chain, and a closing block on serving, blocking, defending and turning a dig into a point.

Who this is for

A club team training once a week for a term. It assumes **one team on one court with one coach** and a 90-minute slot. No assistant coaches, no second hall, nothing you have to organise in advance beyond putting the balls out.

The clock

TIME	BLOCK	WHAT HAPPENS
18.00 - 18.10	Warm-up	Whole group, moving from the start. Nobody stands in a queue.
18.10 - 18.15	Core	Whole group together in the middle of the court. Four minutes of work; the coach joins in.
18.15 - 18.33	Drill 1 · technique	Calm and repetitive. The movement matters, not the score. This is where you correct.
18.33 - 18.51	Drill 2 · application	The same skill with movement, tempo or an opponent added. Say less here.
18.51 - 19.09	Drill 3 · play	The skill inside a game with a score. The game does the coaching.
19.09 - 19.29	Game	Every session ends playing. This is not the reward for the rest; it is why they came.
19.29 - 19.30	Finish	One circle, one sentence each.

The changeover between drills happens inside the 18 minutes, so count on 15 to 16 minutes of actual work. Explain in thirty seconds — say what, where and how you score it. The rest lands while the balls are already rolling.

Start here, build towards

Every drill has two extra lines. **Start here** is the simplest honest version: fewer contacts, a thrown feed instead of a hit one, a shorter distance. **Build towards** is where the drill is going once the group can handle it. You decide how far you get, and it may be different every week. A drill that is falling apart is not a drill the group is failing — go back to Start here and build again.

Group size

The sessions are written for a normal squad of eight to fourteen players. Where a drill exists in several group sizes in the Koach library, the smaller version is named on the card. Whatever the number, the rule that matters is this one: **nobody stands still for longer than thirty seconds**. If a queue is forming, split the drill into two smaller ones running side by side.

The links

Every drill name is a link to its page on koachvolleyball.com, where the drill runs as an animation with the players and the ball moving through each phase. Open it on your phone in the hall if a set-up is not clear, or send it to the group before training.

The focus of every session

One line per session: what the focus is, what you are working on that evening and how you know it worked. Print these pages and keep them in the bag.

#	SESSION AND FOCUS	WHAT YOU WORK ON	HOW YOU KNOW
The first contact Ball control, serve receive mechanics and setting			sessions 1-4
1	Ball control baseline Clean contacts as the foundation for everything else GAME Triples tournament 3v3	● Platform angle set before the ball arrives ● Stop moving at the moment of contact ● Every ball played to a target, not just up	<i>Fifty consecutive controlled contacts per pair.</i>
2	Platform and angle Serve receive mechanics GAME Servers vs passers	● Angle the platform with the shoulders, not the arms ● Absorb rather than swing ● Same contact point on every ball	<i>Team serve receive average of 2.0 out of 3.</i>
3	Short and deep Reading the serve GAME Serve + free ball wash game	● Read the toss, not the arm ● Move forward through short balls ● Call the seam before the ball crosses	<i>Eight out of ten short balls passed to the target.</i>
4	Setting mechanics A repeatable set GAME Three-contact rally	● Both feet under the ball, right foot slightly forward ● The same hand action to every position ● Square to the left antenna as a default	<i>Twenty sets in a row inside a one-metre target zone.</i>
Attacking Setter decisions, the approach, the arm swing and shot selection			sessions 5-8
5	The setter decides Setter decision making GAME Bonus-point game	● Read the block before the ball arrives ● Set the hitter who is available, not the favourite ● The dump is an option, not a stunt	<i>Every setter uses all three options within one game.</i>
6	The approach Approach efficiency and takeoff GAME Five-on-five full rally	● The last two steps are the biggest and fastest ● Arms back on the plant, then hard up ● Convert horizontal speed into height, not distance	<i>Reach measured; everybody has a number to beat.</i>
7	Arm swing and contact Hitting mechanics GAME Bonus-point game	● High elbow, hand on top of the ball ● Contact at full extension ● Wrist snap finishes the ball down	<i>Ten hits in a row landing inside the court from position 4.</i>
8	Float and target Serving accuracy GAME Team serving challenge	● Same toss every serve ● Flat hand, stopped swing ● Serve a zone you called out loud	<i>Seventy per cent of serves in, with half in the called zone.</i>

The focus of every session (continued)

#	SESSION AND FOCUS	WHAT YOU WORK ON	HOW YOU KNOW
Serving, blocking and transition		Float serving, block footwork, defensive shape and transition offense	sessions 9-12
9	Block footwork Moving along the net GAME Match format with rotating serve	• Shoulders square through the whole move • Shuffle short, swing long • Penetrate rather than reach	<i>Everybody covers all five net positions without losing shape.</i>
10	Base and read Defensive systems GAME Neville's pepper (3v3)	• Know your base and your read position • Freeze on the hitter's contact • Dig high into the middle of the court	<i>The team holds its shape for a full rotation with no gaps.</i>
11	Transition offense Turning defense into attack GAME Speedball 6-6	• Off the net and back to the attack line immediately • The setter finds the ball wherever it goes • The first counterattack option is the player who just dug	<i>Eight out of ten digs converted into an attack.</i>
12	The complete rally All phases at match tempo GAME Six-on-six complete rally	• No stopping between the phases • Recover to base on the move • Talk through the whole rally	<i>Ten rallies of five or more contacts per side.</i>

Ball control baseline

FOCUS Clean contacts as the foundation for everything else	WHAT YOU ARE WORKING ON 1 Platform angle set before the ball arrives 2 Stop moving at the moment of contact 3 Every ball played to a target, not just up
HOW YOU KNOW IT WORKED Fifty consecutive controlled contacts per pair.	

18.00 Warm-up 10 min	18.10 Core 5 min	18.15 Drill 1 18 min	18.33 Drill 2 18 min	18.51 Drill 3 18 min	19.09 Game 20 min	19.29 Finish 1 min
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Warm-up 10 min · whole group

Around the court — jog-in 12 [koachvolleyball.com](#) 4 min

Whole squad in one big loop around the court. Start at a walk, finish just below running pace.

Pair warm-up [koachvolleyball.com](#) 6 min

Pairs spread over the whole hall, set over and forearm back. Nobody may take a step to reach it.

Core 5 min · whole group together

Trunk baseline

Four exercises, 30 seconds each, one round, then repeat the two you felt least.

- Forearm plank — hips level, glutes engaged
- Side plank left — shoulder stacked over the elbow
- Side plank right — same line from ankle to head
- Glute bridge — feet flat, hips up, hold three counts

The three drills 18 min each · run them in this order

DRILL 1 Technique calm, lots of repetitions	DRILL 2 Application with movement and pressure	DRILL 3 Play the skill inside a game
Dig-to-self pepper koachvolleyball.com Dig-to-self pepper: play every ball high to yourself first, then controlled to your partner. Forces the second touch to be a decision rather than a reflex. HOW TO SET IT UP Pairs across the hall, one ball each. Two full rounds. START HERE Catch the self-dig, then play it on. BUILD TOWARDS No catch, and the ball to your partner has to be within one step. › The first touch buys you time; use it instead of rushing.	Triangle passing koachvolleyball.com Triangle passing: tosser, passer and target in a triangle, rotating after every contact. HOW TO SET IT UP Three or four triangles, one ball each. START HERE Tossed feed, triangle at six metres. BUILD TOWARDS Hit feed, triangle at nine metres, and only passes inside the target zone count. › Shoulders to the target before the ball, not during.	Three-contact rally koachvolleyball.com Three-contact rally: a point only counts if three clean contacts were played. HOW TO SET IT UP Four on four, a line at the side rotating in. START HERE Cooperative — count the longest rally. BUILD TOWARDS Two contacts hands the point to the other side. › The second ball goes up, always.

Game 20 min · finish every session playing	Triples tournament 3v3 koachvolleyball.com Triples tournament three on three on a court halved lengthwise. RULE FOR TONIGHT Rallies of six or more contacts are worth two points.
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COACHING POINTS

- A clean contact is a stopped body plus an early platform.
- Play to a target every time; "up" is not a target.
- Ball control is trained at low speed and tested at high speed.

EQUIPMENT

One ball per two, cones marking target zones

FOCUS
Serve receive mechanics

WHAT YOU ARE WORKING ON

1

Angle the platform with the shoulders, not the arms

2

Absorb rather than swing

3

Same contact point on every ball

HOW YOU KNOW IT WORKED Team serve receive average of 2.0 out of 3.

18.00 Warm-up 10 min	18.10 Core 5 min	18.15 Drill 1 18 min	18.33 Drill 2 18 min	18.51 Drill 3 18 min	19.09 Game 20 min	19.29 Finish 1 min
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Warm-up 10 min · whole group

Wave run with a toss [koachvolleyball.com](#) 5 min
The group moves across the court in a wave, tossing the ball on to the next player each time.

Shoulder activation with band [koachvolleyball.com](#) 5 min
Threes with one band, everybody working at once. Pull-aparts, external rotation, then Y-T-W.

Core 5 min · whole group together

Trunk baseline
Four exercises, 30 seconds each, one round, then repeat the two you felt least.

- Forearm plank — hips level, glutes engaged
- Side plank left — shoulder stacked over the elbow
- Side plank right — same line from ankle to head
- Glute bridge — feet flat, hips up, hold three counts

The three drills 18 min each · run them in this order

DRILL 1
Technique
calm, lots of repetitions

Passing triplets [koachvolleyball.com](#)
Passing triplets with two balls: tosser, passer and target, generating a very high number of reps in a short block.
HOW TO SET IT UP
Groups of three, swap every 90 seconds.
START HERE
One ball, tossed feed.
BUILD TOWARDS
Two balls in rhythm, the passer never stationary.

> Ball above the wrists; the elbows do nothing.

DRILL 2
Application
with movement and pressure

Serve receive lines with fixed target [koachvolleyball.com](#)
Serve receive lines with a fixed target in a 1-6-5 setup, every pass tight to the setter zone.
HOW TO SET IT UP
Three passers, one target, servers on the far side.
START HERE
Serves from the three-metre line.
BUILD TOWARDS
Full-distance serves; only passes inside the zone count.

> The target does not move, so neither does your intention.

DRILL 3
Play
the skill inside a game

Serve receive scored 0-3 [koachvolleyball.com](#)
Serve receive scored 0 to 3, with the team chasing an average.
HOW TO SET IT UP
Three passers, one scorer calling numbers out loud.
START HERE
Target average 1.8.
BUILD TOWARDS
Target average 2.3; an ace resets the count.

> A number after every ball keeps the standard honest.

Game
20 min · finish every session playing

Servers vs passers [koachvolleyball.com](#)
Servers versus passers: a good pass is +1, an ace is -1, start at five.

RULE FOR TONIGHT The passers win at ten; the servers win at zero. Then swap.

COACHING POINTS

- Angle comes from the shoulders; the arms only present the platform.
- Absorb a hard serve, drive a soft one — the ball tells you which.
- Contact at the same point on the forearms every single time.

EQUIPMENT

All the balls, a mat or cones marking the setter zone, bands

FOCUS Reading the serve	WHAT YOU ARE WORKING ON 1 Read the toss, not the arm 2 Move forward through short balls 3 Call the seam before the ball crosses
HOW YOU KNOW IT WORKED Eight out of ten short balls passed to the target.	

18.00 Warm-up 10 min	18.10 Core 5 min	18.15 Drill 1 18 min	18.33 Drill 2 18 min	18.51 Drill 3 18 min	19.09 Game 20 min	19.29 Finish 1 min
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Warm-up 10 min · whole group

Line sprints with ball contact [koachvolleyball.com](#) 5 min
Sprint the court lines with a change of direction at every one, and a controlled pass after each turn.

Pepper (classic) [koachvolleyball.com](#) 5 min
Pairs across the hall, dig-set-hit without a break. Count how long each pair keeps it alive.

Core 5 min · whole group together

Anti-rotation
Four exercises, 30 seconds each. Slow beats hard; the trunk should not twist.

- Dead bug — opposite arm and leg, lower back pressed to the floor
- Plank shoulder tap — hips completely still
- Side plank with reach-through — open and close under control
- Bird dog — hold three counts at full extension

The three drills 18 min each · run them in this order

DRILL 1
Technique
calm, lots of repetitions

Short-deep serve receive [koachvolleyball.com](#)
Short-deep serve receive: the coach alternates short tips and deep balls and the passer reads which is coming.
HOW TO SET IT UP
Coach at the net, two passers, a line at the side.
START HERE
Announced before each ball.
BUILD TOWARDS
Unannounced, with seam balls mixed in.

> The toss height tells you short or deep before the arm does.

DRILL 2
Application
with movement and pressure

Run-throughs [koachvolleyball.com](#)
Run-throughs: a short ball well in front of the passer, sprinted through and passed on the move.
HOW TO SET IT UP
Two lanes, one feeder each.
START HERE
High soft feed, catch on the move allowed.
BUILD TOWARDS
Low and short, and the pass has to land on the target first time.

> Pass through the ball while still moving — do not brake first.

DRILL 3
Play
the skill inside a game

Short-serve game [koachvolleyball.com](#)
Short-serve game: only serves landing in front of the three-metre line count.
HOW TO SET IT UP
Servers on one side, passers on the other.
START HERE
Serve from the attack line.
BUILD TOWARDS
Full distance, short serve, and the passer has to set up an attack.

> A short serve is a tactical choice, not an accident.

Game 20 min · finish every session playing	Serve + free ball wash game koachvolleyball.com Serve plus free ball wash game: serve for the small point, free ball to whoever lost it. RULE FOR TONIGHT A short serve that lands in is worth a big point straight away.
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COACHING POINTS

- Read the toss: height and position tell you almost everything.
- Move forward through a short ball; stepping back is always slower.
- The seam gets called before the ball crosses the net, every time.

EQUIPMENT

All the balls, cones marking the three-metre zone

FOCUS A repeatable set	WHAT YOU ARE WORKING ON 1 Both feet under the ball, right foot slightly forward 2 The same hand action to every position 3 Square to the left antenna as a default
HOW YOU KNOW IT WORKED Twenty sets in a row inside a one-metre target zone.	

18.00 Warm-up 10 min	18.10 Core 5 min	18.15 Drill 1 18 min	18.33 Drill 2 18 min	18.51 Drill 3 18 min	19.09 Game 20 min	19.29 Finish 1 min
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Warm-up 10 min · whole group

Wave passing to the coach [koachvolleyball.com](#) 5 min
The group moves forward in waves, passes the coach’s ball back and rejoins at the back of the line.

Overhand passing gauntlet [koachvolleyball.com](#) 5 min
Two lines setting the ball down the gauntlet overhead. Everybody rejoins the back after their contact.

Core 5 min · whole group together

Anti-rotation
Four exercises, 30 seconds each. Slow beats hard; the trunk should not twist.

- Dead bug — opposite arm and leg, lower back pressed to the floor
- Plank shoulder tap — hips completely still
- Side plank with reach-through — open and close under control
- Bird dog — hold three counts at full extension

The three drills 18 min each · run them in this order

DRILL 1
Technique
calm, lots of repetitions

Triangle pass-set-attack rotation [koachvolleyball.com](#)
Triangle pass-set-attack with everybody rotating a position after every ball, so every player sets.
HOW TO SET IT UP
Three triangles, one ball each.
START HERE
The attack may be a controlled throw.
BUILD TOWARDS
The set has to land at the same height and spot every time.
› Get under it, then set — never reach and set.

DRILL 2
Application
with movement and pressure

Setter carousel [koachvolleyball.com](#)
Setter carousel: setters take turns handling a set while hitters and shaggers rotate.
HOW TO SET IT UP
Continuous tempo, balls fed from the side, swap setters every two minutes.
START HERE
Set from a fixed position off thrown balls.
BUILD TOWARDS
Set after a full transition from the end line.
› Stop before you set; a moving setter sets crooked.

DRILL 3
Play
the skill inside a game

Follow your set [koachvolleyball.com](#)
Follow your set: set out-of-system to the pin and sprint into coverage under the hitter.
HOW TO SET IT UP
Feeder, setter, hitter and a line. Two balls going round.
START HERE
Walk into coverage.
BUILD TOWARDS
Be in coverage before the hitter jumps.
› The set is not finished until you are under the hitter.

Game 20 min · finish every session playing	Three-contact rally koachvolleyball.com Three-contact rally where only clean three-contact points count. RULE FOR TONIGHT A set landing outside the target zone gives the point away.
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COACHING POINTS

- Both feet under the ball; the hands only finish the job.
- The same hand action whether it goes to 2, 3 or 4.
- Square to the left antenna by default and adjust from there.

EQUIPMENT

Balls, cones or tape marking the target zone

The setter decides

FOCUS Setter decision making	WHAT YOU ARE WORKING ON 1 Read the block before the ball arrives 2 Set the hitter who is available, not the favourite 3 The dump is an option, not a stunt
HOW YOU KNOW IT WORKED Every setter uses all three options within one game.	

18.00 Warm-up 10 min	18.10 Core 5 min	18.15 Drill 1 18 min	18.33 Drill 2 18 min	18.51 Drill 3 18 min	19.09 Game 20 min	19.29 Finish 1 min
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Warm-up10 min · whole group

Core5 min · whole group together

Circle keep-away — reaction gamekoachvolleyball.com5 min

Two or three circles at once, ball played around, one player in the middle intercepting.

Pair warm-upkoachvolleyball.com5 min

Pairs spread over the whole hall, set over and forearm back. Nobody may take a step to reach it.

Shoulder and scapula

Four exercises, 30 seconds each. Do this on the serving and hitting days.

1. Prone Y-T-W — thumbs up, shoulder blades together
2. Band pull-apart — slow on the way back
3. Prone swimming — small, quick arm movements
4. Wall slide — lower back and forearms stay on the wall

The three drills18 min each · run them in this order

DRILL 1
Technique
calm, lots of repetitions

Setter dump decision drill
koachvolleyball.com
Setter dump decision drill: the setter chooses between setting and tipping based on the defense on the other side.
HOW TO SET IT UP
Setter, two hitters, three defenders opposite who move on a coach signal.
START HERE
The coach tells the setter what the defense will do.
BUILD TOWARDS
The defense moves freely and the setter has to read it live.

> Look at the far side while the pass is in the air, not after.

DRILL 2
Application
with movement and pressure

Set combination quick middle
koachvolleyball.com
Set combination quick middle: the setter chooses the quick middle or the outside and the block has to read it.
HOW TO SET IT UP
Setter, middle, outside, two blockers on the far side.
START HERE
The setter calls it before the pass.
BUILD TOWARDS
The setter decides in the air; both hitters approach every ball.

> Same hands for both — the block should learn nothing from your posture.

DRILL 3
Play
the skill inside a game

Around the world 4-3-2 koachvolleyball.com
Around the world 4-3-2: attacks from 4 high, 3 quick and 2 off a back set.
HOW TO SET IT UP
One setter, a line at each position.
START HERE
Fixed order.
BUILD TOWARDS
The setter picks and the hitters all go.

> The back set is a normal set, not an emergency one.

Game
20 min · finish every session playing

Bonus-point game koachvolleyball.com
A normal set with bonus points for the session goal.

RULE FOR TONIGHT A point scored off the setter’s second option counts double.

COACHING POINTS

- Read the block while the pass is still in the air.
- Set the hitter who is actually available, not the one you like setting.
- A dump only works if it comes from the same hands as a set.

EQUIPMENT

Balls, bibs

FOCUS

Approach efficiency and takeoff

WHAT YOU ARE WORKING ON

1

The last two steps are the biggest and fastest

2

Arms back on the plant, then hard up

3

Convert horizontal speed into height, not distance

HOW YOU KNOW IT WORKED

Reach measured; everybody has a number to beat.

18.00	18.10	18.15	18.33	18.51	19.09	19.29
Warm-up	Core	Drill 1	Drill 2	Drill 3	Game	Finish
10 min	5 min	18 min	18 min	18 min	20 min	1 min

Warm-up

10 min · whole group

Dynamic movement patterns

[koachvolleyball.com](#)

5 min

Lunge with trunk rotation on the way out, carioca and skips on the way back. Two full rounds.

Hitting in pairs

[koachvolleyball.com](#)

5 min

Pairs hitting the ball to each other off the floor. Builds the arm swing before anybody jumps.

Core

5 min · whole group together

Jump and land

Four exercises, 30 seconds each. Quality over quantity; stop when the landing gets sloppy.

1.

Single-leg glute bridge — 15 seconds per leg

2.

Hollow hold — lower back pressed down

3.

Squat jump with a soft landing — land quiet, reset each rep

4.

Lateral bound and stick — hold the landing two counts

The three drills

18 min each · run them in this order

DRILL 1

Technique

calm, lots of repetitions

Three-step approach

[koachvolleyball.com](#)

Three-step approach with no ball: left-right-left, plant step, vertical takeoff, as a complete cycle.

HOW TO SET IT UP

Everybody on the attack line in waves of four, the coach calling the rhythm.

START HERE

Two steps and no jump, rhythm only.

BUILD TOWARDS

Full approach with the arm swing, landing balanced on two feet.

> The plant step is a brake — that is where the height comes from.

DRILL 2

Application

with movement and pressure

Approach with catch

[koachvolleyball.com](#)

Approach with a catch: the setter sets high outside and the hitter catches the ball at the highest point.

HOW TO SET IT UP

Setter or coach, a line at position 4, two balls.

START HERE

Ball thrown high.

BUILD TOWARDS

Catch with the hitting arm fully extended.

> If you are catching it below full extension, you left too late.

DRILL 3

Play

the skill inside a game

Jump program basics

[koachvolleyball.com](#)

Jump programme basics: approach jumps at the net, box jumps with a soft landing and depth jumps for reactivity.

HOW TO SET IT UP

One box, everybody rotating. Quality over volume.

START HERE

Approach jumps and box jumps only.

BUILD TOWARDS

Add depth jumps, six reps, full recovery between.

> Stop the moment the landing gets noisy.

Game

20 min · finish every session playing

Five-on-five full rally

[koachvolleyball.com](#)

Five on five full rally, every phase at match tempo.

RULE FOR TONIGHT

A point off an attack with a complete approach counts double.

COACHING POINTS

—The last two steps are the biggest and the fastest.

—Arms back on the plant step, then both of them hard up.

—Jump up, not forward; land on two feet through the knees.

EQUIPMENT

Balls, a box, tape for the reach mark

FOCUS Hitting mechanics	WHAT YOU ARE WORKING ON 1 High elbow, hand on top of the ball 2 Contact at full extension 3 Wrist snap finishes the ball down
HOW YOU KNOW IT WORKED Ten hits in a row landing inside the court from position 4.	

18.00 Warm-up 10 min	18.10 Core 5 min	18.15 Drill 1 18 min	18.33 Drill 2 18 min	18.51 Drill 3 18 min	19.09 Game 20 min	19.29 Finish 1 min
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Warm-up10 min · whole group

Core5 min · whole group together

Shoulder activation with band [koachvolleyball.com](#)4 min

Threes with one band, everybody working at once. Pull-aparts, external rotation, then Y-T-W.

Hitting in pairs [koachvolleyball.com](#)6 min

Pairs hitting the ball to each other off the floor. Builds the arm swing before anybody jumps.

Shoulder and scapula

Four exercises, 30 seconds each. Do this on the serving and hitting days.

1. Prone Y-T-W — thumbs up, shoulder blades together

2. Band pull-apart — slow on the way back

3. Prone swimming — small, quick arm movements

4. Wall slide — lower back and forearms stay on the wall

The three drills18 min each · run them in this order

DRILL 1 Technique calm, lots of repetitions Arm swing against the wall koachvolleyball.com Wall spikes: toss, high elbow, wrist over the ball, off the floor into the wall and catch it. HOW TO SET IT UP Everybody at the wall with a ball, counting in sets of ten. START HERE Standing, no jump. BUILD TOWARDS Ten in a row returning to the same square metre. > Elbow back and high first; the hand arrives last.	DRILL 2 Application with movement and pressure Hitting lines koachvolleyball.com Hitting lines: toss to the setter, approach, attack at position 4, collect your ball and rejoin. HOW TO SET IT UP One line, two balls circulating. Shagging is part of the drill. START HERE Coach sets at a fixed height. BUILD TOWARDS The setter varies height and the hitter adjusts. > Contact at your highest point, not on the way up.	DRILL 3 Play the skill inside a game Zone hitting koachvolleyball.com Zone hitting: place the ball in zones 1, 5 and 6 rather than just hitting hard, scoring per zone. HOW TO SET IT UP Mats in the target zones, the line rotating. START HERE One zone at a time, ten balls each. BUILD TOWARDS The coach calls the zone during the approach. > Direction is chosen in the approach, not in the air.
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Game 20 min · finish every session playing	Bonus-point game koachvolleyball.com A normal set with bonus points for the session goal. RULE FOR TONIGHT An attack landing in a called zone counts double.
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COACHING POINTS

—High elbow, hand above the ball, wrist over the top.
—Full extension at contact; a bent arm costs both height and control.
—Hard is one option; placement beats power against a good block.

EQUIPMENT

All the balls, mats as target zones, a clear wall

Float and target

FOCUS Serving accuracy	WHAT YOU ARE WORKING ON 1 Same toss every serve 2 Flat hand, stopped swing 3 Serve a zone you called out loud
HOW YOU KNOW IT WORKED Seventy per cent of serves in, with half in the called zone.	

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Warm-up 10 min · whole group

Around the court — jog-in 12 [koachvolleyball.com](#) 4 min

Whole squad in one big loop around the court. Start at a walk, finish just below running pace.

Shoulder activation with band [koachvolleyball.com](#) 6 min

Threes with one band, everybody working at once. Pull-aparts, external rotation, then Y-T-W.

Core 5 min · whole group together

Shoulder and scapula

Four exercises, 30 seconds each. Do this on the serving and hitting days.

1. Prone Y-T-W — thumbs up, shoulder blades together

2. Band pull-apart — slow on the way back

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4. Wall slide — lower back and forearms stay on the wall

The three drills 18 min each · run them in this order

DRILL 1 Technique calm, lots of repetitions Serving technique against the wall koachvolleyball.com Serving against the wall above a line at net height, isolating the toss and swing. HOW TO SET IT UP Everybody at the wall, tape at net height, step back after five hits. START HERE From four metres. BUILD TOWARDS From nine metres with a fixed pre-serve routine. > The toss is the drill; the swing only finishes it.	DRILL 2 Application with movement and pressure Zone serving at targets koachvolleyball.com Zone serving at targets: six zones marked with mats, serving on purpose and counting hits. HOW TO SET IT UP Serving from one side, catchers returning balls on the other. START HERE Two big zones instead of six. BUILD TOWARDS Call the zone before serving; only called hits count. > Decide, then toss — never the other way round.	DRILL 3 Play the skill inside a game Around the world koachvolleyball.com Around the world: serve the six zones in a fixed order, a hit moving you on. HOW TO SET IT UP Two lines, shaggers on the far side swapping each round. START HERE Three zones. BUILD TOWARDS Two full rounds without a miss. > One zone at a time; never serve on autopilot.
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Game 20 min · finish every session playing	Team serving challenge koachvolleyball.com Team serving challenge: the whole team hits a streak, starting over on a miss. RULE FOR TONIGHT Ten in a row. Every miss restarts it and the team feels the cost.
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COACHING POINTS

- A repeatable toss is worth more than a fast arm.
- Flat hand, middle of the ball, stop the swing for a float.
- Calling the zone forces the decision to happen before the toss.

EQUIPMENT

All the balls, six mats, tape, bands

Block footwork

FOCUS Moving along the net	WHAT YOU ARE WORKING ON 1 Shoulders square through the whole move 2 Shuffle short, swing long 3 Penetrate rather than reach
HOW YOU KNOW IT WORKED Everybody covers all five net positions without losing shape.	

18.00 Warm-up 10 min	18.10 Core 5 min	18.15 Drill 1 18 min	18.33 Drill 2 18 min	18.51 Drill 3 18 min	19.09 Game 20 min	19.29 Finish 1 min
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Warm-up 10 min · whole group

Footwork along the net [koachvolleyball.com](#) 5 min

Shuffle and crossover from antenna to antenna with a block jump at each end. Waves of four.

Wave pass through the hoops [koachvolleyball.com](#) 5 min

Hoops laid out down the court; everybody passes down the row at once and moves up a hoop.

Core 5 min · whole group together

Trunk baseline

Four exercises, 30 seconds each, one round, then repeat the two you felt least.

1. Forearm plank — hips level, glutes engaged
2. Side plank left — shoulder stacked over the elbow
3. Side plank right — same line from ankle to head
4. Glute bridge — feet flat, hips up, hold three counts

The three drills 18 min each · run them in this order

DRILL 1 Technique calm, lots of repetitions	DRILL 2 Application with movement and pressure	DRILL 3 Play the skill inside a game
Block footwork along the net koachvolleyball.com Block footwork: shuffle over short distances, crossover over long ones, ending in a block jump. HOW TO SET IT UP Four at the net at a time, the rest counting from the end line. START HERE Shuffle only, jump from standing. BUILD TOWARDS Crossover with hip turn and close step, landing into the next move. > Shoulders stay square to the net, even in the crossover.	Swing block: 3-step crossover koachvolleyball.com Swing block three-step crossover: directional step, big crossover with hip turn, close step and a maximum jump. HOW TO SET IT UP Two blockers at a time, working from middle to pin. START HERE Walk the three steps without a jump. BUILD TOWARDS Full speed with an arm swing into the jump. > The arms help you up; do not carry them frozen above your head.	Hands over the net koachvolleyball.com Hands over the net: seal and press so the block deflects the ball straight down, then recover to base. HOW TO SET IT UP Hitter on a box on the far side, two blockers at a time. START HERE Hands over the net without jumping. BUILD TOWARDS Block a live attack and transition straight off. > Press over, do not reach up; the shoulders lead.

Game 20 min · finish every session playing	Match format with rotating serve koachvolleyball.com Four on four with a rotating serve and a full attack-defense cycle. RULE FOR TONIGHT Any point that starts with a block touch counts double.
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COACHING POINTS

- Square shoulders are what make a block a wall instead of a gap.
- Shuffle for short moves, swing block for long ones — pick before you move.
- Penetration beats height; hands over the net is the whole job.

EQUIPMENT

Balls, a box, cones marking net positions

FOCUS Defensive systems	WHAT YOU ARE WORKING ON 1 Know your base and your read position 2 Freeze on the hitter’s contact 3 Dig high into the middle of the court
HOW YOU KNOW IT WORKED The team holds its shape for a full rotation with no gaps.	

18.00 Warm-up 10 min	18.10 Core 5 min	18.15 Drill 1 18 min	18.33 Drill 2 18 min	18.51 Drill 3 18 min	19.09 Game 20 min	19.29 Finish 1 min
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Warm-up10 min · whole group

Core5 min · whole group together

T-drill defensive footwork [koachvolleyball.com](#)5 min

Four cones in a T: sprint forward, shuffle left and right, backpedal out. Stay low the whole way.

Four corners sprint [koachvolleyball.com](#)5 min

Sprint corner to corner with a hoop touch at each one. Three laps, building the pace.

Anti-rotation

Four exercises, 30 seconds each. Slow beats hard; the trunk should not twist.

- Dead bug — opposite arm and leg, lower back pressed to the floor
- Plank shoulder tap — hips completely still
- Side plank with reach-through — open and close under control
- Bird dog — hold three counts at full extension

The three drills18 min each · run them in this order

DRILL 1 Technique calm, lots of repetitions	DRILL 2 Application with movement and pressure	DRILL 3 Play the skill inside a game
Defensive posture (base & read) koachvolleyball.com Defensive posture: base to read on visual cues, freeze on contact, dig and recover to base. HOW TO SET IT UP Six defenders, the rest watching and swapping every two minutes. START HERE Movement and the stop only, no ball. BUILD TOWARDS Live ball with hits and tips mixed. › Freeze on contact — moving through the hit is why balls go past you.	Double decker koachvolleyball.com Double decker: the block closes the cross, the line defender takes the line and zone 6 covers deep. HOW TO SET IT UP Full court, block and back-court defense, coach feeding. START HERE The block stays put and the defense learns the shape. BUILD TOWARDS The block moves and the defense adjusts behind it. › Defend the shot the block leaves open, not the one you fear.	Defending behind the block — pipe coverage koachvolleyball.com Defending behind the block with pipe coverage: the back-court players cover the angle behind the block. HOW TO SET IT UP Three blockers, five back-court defenders. START HERE Tips only, so the coverage gets set. BUILD TOWARDS Hits and tips mixed. › Behind the block is a job, and somebody has to own it.

Game 20 min · finish every session playing	Neville's pepper (3v3) koachvolleyball.com Neville's pepper three on three, with the coach putting free balls in. RULE FOR TONIGHT The rally only counts once both sides have converted a dig into an attack.
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COACHING POINTS

- Base position, read position, and the move between them — three separate things.
- Freeze at the moment of contact; then move.
- The dig goes high into the middle, never forward at the net.

EQUIPMENT

Balls, a box, cones marking base positions

FOCUS Turning defense into attack	WHAT YOU ARE WORKING ON 1 Off the net and back to the attack line immediately 2 The setter finds the ball wherever it goes 3 The first counterattack option is the player who just dug		
HOW YOU KNOW IT WORKED Eight out of ten digs converted into an attack.			

18.00 Warm-up 10 min	18.10 Core 5 min	18.15 Drill 1 18 min	18.33 Drill 2 18 min	18.51 Drill 3 18 min	19.09 Game 20 min	19.29 Finish 1 min
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Warm-up 10 min · whole group

Figure-eight warm-up [koachvolleyball.com](#) 4 min

Two loops across the court, switching sides halfway. Easy pace, purely to get loose.

Pepper series (build-up) [koachvolleyball.com](#) 6 min

Pairs, starting with dig and set only and adding a controlled hit once the rhythm is there.

Core 5 min · whole group together

Anti-rotation

Four exercises, 30 seconds each. Slow beats hard; the trunk should not twist.

1. Dead bug — opposite arm and leg, lower back pressed to the floor

2. Plank shoulder tap — hips completely still

3. Side plank with reach-through — open and close under control

4. Bird dog — hold three counts at full extension

The three drills 18 min each · run them in this order

DRILL 1 Technique calm, lots of repetitions	DRILL 2 Application with movement and pressure	DRILL 3 Play the skill inside a game
Block transition koachvolleyball.com Block transition: block, land, turn open, sprint back, attack the set and return to base. HOW TO SET IT UP Two blockers, one setter, a feeder. Thirty seconds on, thirty off. START HERE Block and transition with no attack. BUILD TOWARDS Block, transition, attack and back to base inside four seconds. > Land, turn open, go — one movement, not three.	Defense - transition koachvolleyball.com Defense to transition: dig off the box, the setter arrives and sets outside and the counterattack finishes. HOW TO SET IT UP Coach on the box, one setter, one hitter, a line. START HERE The dig may go high and off the net. BUILD TOWARDS The hitter must be behind the attack line before the dig happens. > Drop off the moment the ball leaves your platform.	Continuous transition (block-attack) koachvolleyball.com Continuous transition: block, transition to the attack line and attack, repeating with a conditioning element. HOW TO SET IT UP Continuous, everybody rotating. START HERE Four reps then rest. BUILD TOWARDS Eight reps with no rest. > Transition speed is a skill, not fitness.

Game 20 min · finish every session playing	Speedball 6-6 koachvolleyball.com Speedball six on six with the coach feeding continuously. RULE FOR TONIGHT A new ball goes in within two seconds of every point. Play to 15.
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COACHING POINTS

- Digging and then standing still is the single most common transition error.
- The setter goes to the ball; the ball does not come to the setter.
- The player who just dug is your first counterattack option.

EQUIPMENT

All the balls, a box, bibs

The complete rally

FOCUS All phases at match tempo	WHAT YOU ARE WORKING ON 1 No stopping between the phases 2 Recover to base on the move 3 Talk through the whole rally
HOW YOU KNOW IT WORKED Ten rallies of five or more contacts per side.	

18.00 Warm-up 10 min	18.10 Core 5 min	18.15 Drill 1 18 min	18.33 Drill 2 18 min	18.51 Drill 3 18 min	19.09 Game 20 min	19.29 Finish 1 min
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Warm-up10 min · whole group

Core5 min · whole group together

Figure-eight warm-upkoachvolleyball.com4 min

Two loops across the court, switching sides halfway. Easy pace, purely to get loose.

Pepper series (build-up)koachvolleyball.com6 min

Pairs, starting with dig and set only and adding a controlled hit once the rhythm is there.

Trunk baseline

Four exercises, 30 seconds each, one round, then repeat the two you felt least.

1. Forearm plank — hips level, glutes engaged

2. Side plank left — shoulder stacked over the elbow

3. Side plank right — same line from ankle to head

4. Glute bridge — feet flat, hips up, hold three counts

The three drills18 min each · run them in this order

DRILL 1 Technique calm, lots of repetitions	DRILL 2 Application with movement and pressure	DRILL 3 Play the skill inside a game
Continuous transition (block-attack) koachvolleyball.com Continuous transition: block, transition, attack, repeat, with a conditioning element. HOW TO SET IT UP Two blockers, one setter, a feeder. Thirty on, thirty off. START HERE Block and transition only. BUILD TOWARDS Full cycle inside four seconds. › Recover on the move; standing still is where rallies are lost.	Rally marathon 4v4 koachvolleyball.com Rally marathon four on four: the complete rally from serve to second attack. HOW TO SET IT UP Full court, a line rotating in every rally. START HERE Coach feeds instead of a serve. BUILD TOWARDS Every rally starts with a live serve. › The rally is not over until the ball is down.	Five-on-five on the clock koachvolleyball.com Five on five on the clock, with the ball crossing within three contacts. HOW TO SET IT UP Short games with a running score. START HERE Four contacts allowed. BUILD TOWARDS Three contacts, the third an attack. › Decide early; hesitation costs more than a wrong choice.

Game 20 min · finish every session playing	Six-on-six complete rally koachvolleyball.com Six on six complete rally with a counterattack. RULE FOR TONIGHT A rally with fewer than three contacts a side does not count; play it again.
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COACHING POINTS

—Every phase links straight into the next.

—Recovering to base is part of the rally, not what happens afterwards.

—The team talks the whole way through, not only at the serve.

EQUIPMENT

Balls, bibs

Appendix · the core sets

Five minutes on the clock, four minutes of work, the whole group together in the middle of the court with the coach joining in. **Four exercises of 30 seconds.** Trunk stability and shoulder health, not conditioning — the conditioning is in the volleyball. Stop a set the moment the quality drops.

SET A

Trunk baseline

Four exercises, 30 seconds each, one round, then repeat the two you felt least.

- 1 Forearm plank — hips level, glutes engaged
- 2 Side plank left — shoulder stacked over the elbow
- 3 Side plank right — same line from ankle to head
- 4 Glute bridge — feet flat, hips up, hold three counts

SET B

Anti-rotation

Four exercises, 30 seconds each. Slow beats hard; the trunk should not twist.

- 1 Dead bug — opposite arm and leg, lower back pressed to the floor
- 2 Plank shoulder tap — hips completely still
- 3 Side plank with reach-through — open and close under control
- 4 Bird dog — hold three counts at full extension

SET C

Shoulder and scapula

Four exercises, 30 seconds each. Do this on the serving and hitting days.

- 1 Prone Y-T-W — thumbs up, shoulder blades together
- 2 Band pull-apart — slow on the way back
- 3 Prone swimming — small, quick arm movements
- 4 Wall slide — lower back and forearms stay on the wall

SET D

Jump and land

Four exercises, 30 seconds each. Quality over quantity; stop when the landing gets sloppy.

- 1 Single-leg glute bridge — 15 seconds per leg
- 2 Hollow hold — lower back pressed down
- 3 Squat jump with a soft landing — land quiet, reset each rep
- 4 Lateral bound and stick — hold the landing two counts

The sets rotate through the programme so no group does the same one two sessions running. Which set belongs to which session is printed on the session page itself.

Appendix · every drill in this programme

The 62 drills used here, in alphabetical order. After each name is the session it appears in (**w** = warm-up, **.1 .2 .3** = drill 1, 2 or 3, **g** = game) and the link to its page with the animation.

Approach with catch 6.2 /volleyball-drills/approach-with-catch.html
Arm swing against the wall 7.1 /volleyball-drills/arm-swing-against-the-wall.html
Around the court — jog-in 12 1w, 8w /volleyball-drills/around-the-court-jog-in-12.html
Around the world 8.3 /volleyball-drills/around-the-world.html
Around the world 4-3-2 5.3 /volleyball-drills/around-the-world-4-3-2.html
Block footwork along the net 9.1 /volleyball-drills/block-footwork-along-the-net.html
Block transition 11.1 /volleyball-drills/block-transition.html
Bonus-point game 5g, 7g /volleyball-drills/bonus-point-game.html
Circle keep-away — reaction game 5w /volleyball-drills/circle-keep-away-reaction-game.html
Continuous transition (block-attack) 11.3, 12.1 /volleyball-drills/continuous-transition-block-attack.html
Defending behind the block — pipe coverage 10.3 /volleyball-drills/defending-behind-the-block-pipe-coverage.html
Defense - transition 11.2 /volleyball-drills/defense-transition.html
Defensive posture (base & read) 10.1 /volleyball-drills/defensive-posture-base-read.html
Dig-to-self pepper 1.1 /volleyball-drills/dig-to-self-pepper.html
Double decker 10.2 /volleyball-drills/double-decker.html
Dynamic movement patterns 6w /volleyball-drills/dynamic-movement-patterns.html
Figure-eight warm-up 11w, 12w /volleyball-drills/figure-eight-warm-up.html
Five-on-five full rally 6g /volleyball-drills/five-on-five-full-rally.html
Five-on-five on the clock 12.3 /volleyball-drills/five-on-five-on-the-clock.html
Follow your set 4.3 /volleyball-drills/follow-your-set.html
Footwork along the net 9w /volleyball-drills/footwork-along-the-net.html
Four corners sprint 10w /volleyball-drills/four-corners-sprint.html

Hands over the net 9.3 /volleyball-drills/hands-over-the-net.html
Hitting in pairs 6w, 7w /volleyball-drills/hitting-in-pairs.html
Hitting lines 7.2 /volleyball-drills/hitting-lines.html
Jump program basics 6.3 /volleyball-drills/jump-program-basics.html
Line sprints with ball contact 3w /volleyball-drills/line-sprints-with-ball-contact.html
Match format with rotating serve 9g /volleyball-drills/match-format-with-rotating-serve.html
Neville's pepper (3v3) 10g /volleyball-drills/neville-s-pepper-3v3.html
Overhand passing gauntlet 4w /volleyball-drills/overhand-passing-gauntlet.html
Pair warm-up 1w, 5w /volleyball-drills/pair-warm-up.html
Passing triplets 2.1 /volleyball-drills/passing-triplets.html
Pepper (classic) 3w /volleyball-drills/pepper-classic.html
Pepper series (build-up) 11w, 12w /volleyball-drills/pepper-series-build-up.html
Rally marathon 4v4 12.2 /volleyball-drills/rally-marathon-4v4.html
Run-throughs 3.2 /volleyball-drills/run-throughs.html
Serve + free ball wash game 3g /volleyball-drills/serve-free-ball-wash-game.html
Serve receive lines with fixed target 2.2 /volleyball-drills/serve-receive-lines-with-fixed-target.html
Serve receive scored 0-3 2.3 /volleyball-drills/serve-receive-scored-0-3.html
Servers vs passers 2g /volleyball-drills/servers-vs-passers.html
Serving technique against the wall 8.1 /volleyball-drills/serving-technique-against-the-wall.html
Set combination quick middle 5.2 /volleyball-drills/set-combination-quick-middle.html
Setter carousel 4.2 /volleyball-drills/setter-carousel.html
Setter dump decision drill 5.1 /volleyball-drills/setter-dump-decision-drill.html

Appendix · every drill in this programme (continued)

Short-deep serve receive

3.1 </volleyball-drills/short-deep-serve-receive.html>

Short-serve game

3.3 </volleyball-drills/short-serve-game.html>

Shoulder activation with band

2w, 7w, 8w </volleyball-drills/shoulder-activation-with-band.html>

Six-on-six complete rally

12g </volleyball-drills/six-on-six-complete-rally.html>

Speedball 6-6

11g </volleyball-drills/speedball-6-6.html>

Swing block: 3-step crossover

9.2 </volleyball-drills/swing-block-3-step-crossover.html>

T-drill defensive footwork

10w </volleyball-drills/t-drill-defensive-footwork.html>

Team serving challenge

8g </volleyball-drills/team-serving-challenge.html>

Three-contact rally

1.3, 4g </volleyball-drills/three-contact-rally.html>

Three-step approach

6.1 </volleyball-drills/three-step-approach.html>

Triangle pass-set-attack rotation

4.1 </volleyball-drills/triangle-pass-set-attack-rotation.html>

Triangle passing

1.2 </volleyball-drills/triangle-passing.html>

Triples tournament 3v3

1g </volleyball-drills/triples-tournament-3v3.html>

Wave pass through the hoops

9w </volleyball-drills/wave-pass-through-the-hoops.html>

Wave passing to the coach

4w </volleyball-drills/wave-passing-to-the-coach.html>

Wave run with a toss

2w </volleyball-drills/wave-run-with-a-toss.html>

Zone hitting

7.3 </volleyball-drills/zone-hitting.html>

Zone serving at targets

8.2 </volleyball-drills/zone-serving-at-targets.html>