

Twelve weeks of youth volleyball

One full block of a season, from ball control to playing together

12 sessions

one per week

90 minutes

the same shape every time

One court, one coach

one team, no extra staff

INSIDE

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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 a single half of a season. Ball control first, then everything that gets the ball over the net, and a closing block on setting, calling and transition so the team actually plays three contacts.

Who this is for

A youth team training once a week for a term, or a club that runs its season in two halves. 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
Ball in hand Ball control, the forearm pass and overhead passing			sessions 1-4
1	Everybody on the ball Ball contact and court feel GAME Triples tournament 3v3	● As many touches per player as you can get ● Come to a stop at the moment of contact ● The rotation inside a drill, so nobody has to be told twice	<i>Every player touches the ball at least 150 times.</i>
2	The platform The forearm pass GAME Queen of the court	● Arms together only when the ball is nearly there ● Turn your shoulders to the target ● Play the ball high instead of hard	<i>Longest rally of the session gets written down.</i>
3	Hands like a basket Overhead passing GAME Four-on-four complete	● Hands above the forehead, thumbs towards your eyes ● Fingers spread, spring rather than slap ● Get both feet under the ball	<i>Ten overhead balls in a row per pair.</i>
4	Moving to the ball Getting to the ball early GAME King's game rotation	● First step the moment the other side touches it ● Big steps when it is far, small steps when it is close ● Back to the middle after every contact	<i>Pass into the hoop: eight out of ten.</i>
Over the net Serving, the approach and the arm swing			sessions 5-8
5	A serve you can repeat A serve that works every time GAME Serve + free ball wash game	● The same toss to the same spot every time ● Flat hand, middle of the ball, stop the swing ● Step in with the opposite foot	<i>Everybody builds a fixed three-step serving routine.</i>
6	Serving to a zone Serving with a target and under pressure GAME Serve duel six on five	● Pick a zone and say it out loud ● Toss calmer instead of hitting harder ● Passers: stand still on the server's contact	<i>Keep the percentage of serves in for the session.</i>
7	Left-right-left The attack approach GAME Five-on-five full rally	● Left-right-left with the last two steps the biggest ● Arms back on the plant step, then hard up ● Jump straight up and land on two feet	<i>Reach mark on the wall; everybody gets their own marker.</i>
8	Hit it above you The arm swing GAME Bonus-point game	● Elbow high, hand on top of the ball, wrist over it ● Contact at your highest point ● Choose between hit, tip and roll shot	<i>Every player scores at least one point with a tip or a roll shot.</i>

The focus of every session (continued)

#	SESSION AND FOCUS	WHAT YOU WORK ON	HOW YOU KNOW
Playing together Setting, calling, transition and the full game			sessions 9-12
9	The second ball Setting GAME Bingo-Bango-Bongo	● Get both feet under the ball and stop ● The same hand action to every position ● When in doubt, set it high rather than rush it over	<i>Every player sets at least ten balls, middles included.</i>
10	Call and cover Communication and coverage GAME USA drill	● Call before the contact, with a name or "mine" ● The player not taking it calls just as loudly ● Cover low and close under the hitter	<i>A rally with no calling goes to the other side.</i>
11	From defense to attack Transition GAME Speedball 6-6	● Drop off to the attack line straight after your dig ● The defender is the first attacking option ● On a free ball everybody calls and the team moves	<i>Speedball to 15 with no standing still between the points.</i>
12	Playing it all together The complete rally GAME Match with rotation	● Three contacts, every rally, no shortcuts ● Everybody plays a position that is not theirs once ● Coach on what goes well	<i>Everybody plays against every other group.</i>

Everybody on the ball

FOCUS Ball contact and court feel	WHAT YOU ARE WORKING ON 1 As many touches per player as you can get 2 Come to a stop at the moment of contact 3 The rotation inside a drill, so nobody has to be told twice
HOW YOU KNOW IT WORKED Every player touches the ball at least 150 times.	

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

SafeVolley base round [koachvolleyball.com](#)4 min

Easy jog the length of the court, coach runs along.

Line tag [koachvolleyball.com](#)6 min

Two taggers. Tagged means three overhead sets, then back in.

Plank tag

Three exercises, 30 seconds each, two rounds. Four minutes and done.

- Plank tag — side by side in a plank, take turns tapping your neighbour’s hand
- Bridge — on your back, feet flat, hips up and hold for three counts
- Swim on your front — arms and legs off the floor, keep swimming easy

The three drills18 min each · run them in this order

DRILL 1
Technique
calm, lots of repetitions

Pair warm-up [koachvolleyball.com](#)
Warm up in pairs: set over, forearm pass back. The aim is not power but accuracy — your partner should not have to move a foot.
HOW TO SET IT UP
Five or six pairs across the width of the court, one ball per pair.
START HERE
Catching allowed: catch overhead above the forehead, then throw. Ten clean catches before you play it.
BUILD TOWARDS
Count out loud how many contacts you get without the ball dropping. Best pair wins.
› Stand still at the moment you touch the ball.

DRILL 2
Application
with movement and pressure

Forearm passing gauntlet (12) [koachvolleyball.com](#)
The gauntlet: one passer works along a line of tossers, handles four balls in a row forearm, then rejoins at the back.
HOW TO SET IT UP
Four tossers with a ball in a line, the rest waiting. Tossing is a job — throw calm and to the same spot.
START HERE
Tossers throw soft and straight at the passer. Three balls instead of four.
BUILD TOWARDS
Tossers throw left and right in turn so the passer has to move.
› Shoulders towards where the ball has to go.

DRILL 3
Play
the skill inside a game

Short court 2v2 [koachvolleyball.com](#)
Two against two on a short court, up to the three-metre line. Small courts, lots of balls, lots of fun.
HOW TO SET IT UP
Two or three small courts across the width, a low net or a line of tape at hip height. Winner stays on.
START HERE
The ball may bounce once before the first contact.
BUILD TOWARDS
Three contacts per side are compulsory or the point does not count.
› Call before the ball, not after.

Game
20 min · finish every session playing

Triples tournament 3v3 [koachvolleyball.com](#)
Three against three on a court halved lengthwise. Short five-minute matches, then mix.
RULE FOR TONIGHT Any rally played with three clean contacts is worth an extra point.

COACHING POINTS

- Stand still before you play the ball — you move before, not during.
- Arms straight and low; the ball goes up from your legs, not your arms.
- Overhead: hands above the forehead, thumbs towards your eyes.

EQUIPMENT

One ball per two players, cones, two low nets or lines of tape, bibs

FOCUS
The forearm pass

WHAT YOU ARE WORKING ON

1 Arms together only when the ball is nearly there

2 Turn your shoulders to the target

3 Play the ball high instead of hard

HOW YOU KNOW IT WORKED Longest rally of the session gets written down.

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

Movement pattern with ball [koachvolleyball.com](#) 5 min
Jog, set on the move, back to the start. Two full rounds.

Dynamic movement patterns [koachvolleyball.com](#) 5 min
Lunge with trunk rotation out, carioca and skips back.

Core 5 min · whole group together

Plank tag
Three exercises, 30 seconds each, two rounds. Four minutes and done.

1. Plank tag — side by side in a plank, take turns tapping your neighbour’s hand

2. Bridge — on your back, feet flat, hips up and hold for three counts

3. Swim on your front — arms and legs off the floor, keep swimming easy

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

DRILL 1
Technique
calm, lots of repetitions

Passing triplets [koachvolleyball.com](#)
Passing in threes with two balls: a tosser, a passer and a target. The passer gets a lot of reps in very little time.
HOW TO SET IT UP
Three or four groups of three. Swap roles every 90 seconds so everybody passes the same amount.
START HERE
One ball instead of two, and the tosser throws instead of hits.
BUILD TOWARDS
Two balls in a tight rhythm; the passer never stands still.

› Ball above your wrists, not at your elbows.

DRILL 2
Application
with movement and pressure

Pass & weave [koachvolleyball.com](#)
Pass and weave: after every pass, weave low around the cones and come to a stop before the next contact.
HOW TO SET IT UP
Four cones per lane, two lanes. One fixed tosser at the net.
START HERE
Around two cones instead of four, and the tosser throws it high.
BUILD TOWARDS
The tosser hits it in and mixes short and deep.

› Stay low through the cones — do not stand up in between.

DRILL 3
Play
the skill inside a game

Three-contact rally [koachvolleyball.com](#)
A rally where a point only counts if three clean contacts were played: pass, set, attack.
HOW TO SET IT UP
Four against four over the net, a waiting line at the side that comes in after every rally.
START HERE
Cooperative: keep it up as long as you can together and count the court record.
BUILD TOWARDS
Two contacts means the point goes to the other side.

› The second ball always goes up, never straight over.

Game
20 min · finish every session playing

Queen of the court [koachvolleyball.com](#)
Queen of the court: the winning three stay on the winners’ side, the losers join the back of the line.

RULE FOR TONIGHT You can only score points on the winners’ side. Three points and the crown changes hands.

COACHING POINTS

- Do not walk around with your arms already locked together.
- Turn your shoulders to the target and the platform does not have to steer.
- Play it high: high is time, and time is a good second ball.

EQUIPMENT

One ball per two, 16 cones, a whiteboard or sheet of paper

Hands like a basket

FOCUS
Overhead passing

WHAT YOU ARE WORKING ON

1 Hands above the forehead, thumbs towards your eyes

2 Fingers spread, spring rather than slap

3 Get both feet under the ball

HOW YOU KNOW IT WORKED Ten overhead balls in a row per pair.

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Warm-up 10 min · whole group

Circle keep-away — reaction game [koachvolleyball.com](#) 10 min
Circle keep-away: play the ball around, one in the middle intercepts. Whoever gets intercepted goes in.

Core 5 min · whole group together

With the ball
Three exercises, 30 seconds each, two rounds. One ball each or one per two.

1. Boat with ball — sit with knees bent, pass the ball under your knees

2. Bridge with ball — ball squeezed between the knees, hips up

3. Plank ball tap — tap the ball in turn without letting your hips swing

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

DRILL 1
Technique
calm, lots of repetitions

Overhand passing gauntlet
[koachvolleyball.com](#)
The overhand gauntlet: two lines set the ball down the line and rejoin at the back after every ball.
HOW TO SET IT UP
Two gauntlets so there are never more than five players in a line.
START HERE
Catch above the forehead and throw first; only play it on once the hand shape is right.
BUILD TOWARDS
Higher every time — the ball has to reach at least the height of the basketball ring.

> **Thumbs to your eyes, fingers spread — no slap, a spring.**

DRILL 2
Application
with movement and pressure

Triangle passing [koachvolleyball.com](#)
Triangle passing: tosser, passer and target in a triangle. After every contact the ball moves on and everyone rotates a position.
HOW TO SET IT UP
Three triangles, one ball each.
START HERE
Make the triangle small (five metres) so distance is not the problem.
BUILD TOWARDS
Take the triangle out to eight metres and the third ball has to go overhead across the net.

> **Get both feet under the ball before you play it.**

DRILL 3
Play
the skill inside a game

Four-corner passing loop
[koachvolleyball.com](#)
Four corners: the ball travels round the square while every player follows their own ball to the next corner.
HOW TO SET IT UP
Four hoops or cones as corners, small groups spread over them.
START HERE
Catch and throw for the first two minutes, then play it.
BUILD TOWARDS
Two balls in the square at the same time.

> **Follow your ball, do not stand and watch it.**

Game
20 min · finish every session playing

Four-on-four complete [koachvolleyball.com](#)
Four on four complete: serve, pass to the setter, set, outside attack, defense and counterattack.

RULE FOR TONIGHT A point off a second ball played overhead counts double.

COACHING POINTS

- Hands above the forehead, not in front of your face and not above your crown.
- One foot slightly forward; extend through the ball from your legs.
- If you have to reach, you left too late — read where the ball is going sooner.

EQUIPMENT

One ball per two, 12 hoops or cones

Moving to the ball

FOCUS Getting to the ball early	WHAT YOU ARE WORKING ON 1 First step the moment the other side touches it 2 Big steps when it is far, small steps when it is close 3 Back to the middle after every contact
HOW YOU KNOW IT WORKED Pass into the hoop: eight out of ten.	

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

Relay with cone slalom [koachvolleyball.com](#) 10 min

Relay with a cone slalom, two teams, ball handed to the next runner.

With the ball

Three exercises, 30 seconds each, two rounds. One ball each or one per two.

1. Boat with ball — sit with knees bent, pass the ball under your knees

2. Bridge with ball — ball squeezed between the knees, hips up

3. Plank ball tap — tap the ball in turn without letting your hips swing

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

DRILL 1
Technique
calm, lots of repetitions

Run-throughs [koachvolleyball.com](#)
Run-throughs: the ball comes short and well in front of the player. Sprint through it and pass on the move to the target.
HOW TO SET IT UP
Two lanes, one tosser per lane feeding short from the net.
START HERE
The ball is thrown high and soft; the player may catch it on the move first.
BUILD TOWARDS
Short and low, and the pass has to land on the target first time.

> Keep moving through the contact — do not brake and then play.

DRILL 2
Application
with movement and pressure

Left-right shuttle passing [koachvolleyball.com](#)
Left-right shuttle passing: the tosser plays left and right in turn. Shuffle across, pass to the target, back through the middle.
HOW TO SET IT UP
One tosser, one target, a waiting line beside it. Swap every eight balls.
START HERE
Four balls a turn and halve the distance.
BUILD TOWARDS
Twelve balls a turn, and the tosser may tip short as well.

> Back to the middle after every pass — that is half the drill.

DRILL 3
Play
the skill inside a game

Forearm pass into the hoop [koachvolleyball.com](#)
Forearm pass into the hoop: the ball has to land inside the hoop on the floor. Instantly measurable and instantly addictive.
HOW TO SET IT UP
Three hoops at different distances, two lines taking turns.
START HERE
Big hoop, close in, ball thrown in.
BUILD TOWARDS
Small hoop at seven metres, fed off a hit ball.

> Pick your target before you play, not while you play.

Game 20 min · finish every session playing	King's game rotation koachvolleyball.com King's game: the winning team stays on, the losers rotate through. RULE FOR TONIGHT Every team makes up a name and a shout before the first rally.
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- COACHING POINTS**
 - The first step is the important one, and it goes the moment the ball leaves their hand.
 - Small steps when the ball is close, big steps when it is far away.
 - Come to a stop before contact, however short that moment is.
- EQUIPMENT**
 - One ball per two, nine hoops, cones, bibs

A serve you can repeat

FOCUS A serve that works every time	WHAT YOU ARE WORKING ON 1 The same toss to the same spot every time 2 Flat hand, middle of the ball, stop the swing 3 Step in with the opposite foot
HOW YOU KNOW IT WORKED Everybody builds a fixed three-step serving routine.	

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Warm-up10 min · whole group

Core5 min · whole group together

Wave run with a tosskoachvolleyball.com5 min

Move across the court in a wave, tossing the ball on to the next player. Everybody moves at once.

Shoulder activation with bandkoachvolleyball.com5 min

Everybody at once in threes. Shoulders ready before anyone serves — we never skip this.

High five

Three exercises, 30 seconds each, two rounds. Works best with music on.

1. Side plank high five — top arm up and clap with your neighbour
2. Dead bug — on your back, extend the opposite arm and leg
3. Mountain climber on call — the coach calls slow, fast or stop

The three drills18 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. Isolates the toss and the arm swing without the ball having to travel.
HOW TO SET IT UP
Everybody at the wall at once, tape at net height. Step back a metre after five hits.
START HERE
Underhand from four metres; the toss is a low, calm offer to your own body.
BUILD TOWARDS
Overhand float from nine metres, with a fixed routine of three steps before the toss.
› Toss to exactly the same spot every time — the toss is the drill.

DRILL 2
Application
with movement and pressure

Zone serving at targets
koachvolleyball.com
Zone serving: six zones marked with mats and cones. Serve on purpose and count the hits.
HOW TO SET IT UP
Serving from one side, catchers on the other rolling the balls back.
START HERE
Two big target zones (deep left, deep right) instead of six.
BUILD TOWARDS
Call the zone before the serve; only called hits count.
› Look where you want it before you toss.

DRILL 3
Play
the skill inside a game

Dead fish
koachvolleyball.com
Dead fish: both sides serve at the same time. Miss and you are a fish, waiting for a teammate to free you.
HOW TO SET IT UP
Two groups facing each other, balls on both sides. Runs itself and makes a lot of noise.
START HERE
You may free a fish with a caught ball instead of a served one.
BUILD TOWARDS
You can only free a fish with a serve they can catch without moving a foot.
› Under pressure, go back to your routine — not harder, just surer.

Game
20 min · finish every session playing

Serve + free ball wash game
koachvolleyball.com
Wash game: the serve is a small point, then the coach tosses a free ball to whoever lost it. Two small points in a row is a big point.
RULE FOR TONIGHT An ace is a big point straight away; a service error costs you one.

COACHING POINTS
—The toss decides everything: slightly in front of your hitting shoulder, not too high.
—Hit the middle of the ball with a flat, firm hand and stop the swing for a float.
—Step in with the foot opposite your hitting hand.

EQUIPMENT
All the balls, six mats or markers, tape, resistance bands

FOCUS

Serving with a target and under pressure

WHAT YOU ARE WORKING ON

1 Pick a zone and say it out loud

2 Toss calmer instead of hitting harder

3 Passers: stand still on the server’s contact

HOW YOU KNOW IT WORKED Keep the percentage of serves in for the session.

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

Cat and mouse with cones [koachvolleyball.com](#) 10 min

Tag: safe at a cone, but for three counts at most. Two taggers.

Core 5 min · whole group together

High five

Three exercises, 30 seconds each, two rounds. Works best with music on.

1. Side plank high five — top arm up and clap with your neighbour

2. Dead bug — on your back, extend the opposite arm and leg

3. Mountain climber on call — the coach calls slow, fast or stop

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

DRILL 1
Technique
calm, lots of repetitions

Around the world [koachvolleyball.com](#)

Around the world: serve the six zones in a fixed order. A hit moves you on, a miss means you serve that zone again.

HOW TO SET IT UP

Two lines of servers, two ball shaggers on the far side who swap in each round.

START HERE

Three zones instead of six, and a miss does not send you back.

BUILD TOWARDS

Two full rounds without a miss, the second one with a jump float.

› One zone at a time — choose it, do not serve on autopilot.

DRILL 2
Application
with movement and pressure

Serve receive in W formation [koachvolleyball.com](#)

Serve receive in a W: three servers hit it in, five passers cover the court and play to the setter.

HOW TO SET IT UP

Fixed roles, rotate every two minutes so everybody serves and passes.

START HERE

Serve from the three-metre line so serve receive stays possible.

BUILD TOWARDS

Serve at the seam between two passers; calling is compulsory.

› Passers: call "mine" before the ball crosses the net.

DRILL 3
Play
the skill inside a game

Battleship serving [koachvolleyball.com](#)

Battleship: the hoops on the far side are ships. Serve them to the bottom; first to sink them all wins.

HOW TO SET IT UP

Two teams per court with five hoops each on the far side.

START HERE

Big hoops or mats, and a ball that rolls into one counts too.

BUILD TOWARDS

Small hoops, direct hits only.

› You aim with your trunk, not with your wrist.

Game

20 min · finish every session playing

Serve duel six on five [koachvolleyball.com](#)

Serve duel: every rally starts with a deliberately tough serve and the receiving team tries to side out.

RULE FOR TONIGHT A service error costs two points. That forces tough but honest serving.

COACHING POINTS

—Under pressure, do not hit harder — toss calmer.

—Say your zone out loud; whoever stays quiet is guessing.

—Passers: come to a stop the moment the server strikes the ball.

EQUIPMENT

All the balls, ten hoops, cones, a score sheet

FOCUS The attack approach	WHAT YOU ARE WORKING ON 1 Left-right-left with the last two steps the biggest 2 Arms back on the plant step, then hard up 3 Jump straight up and land on two feet
HOW YOU KNOW IT WORKED Reach mark on the wall; everybody gets their own marker.	

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

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

Hitting in pairs off the floor — this is already the arm swing build-up.

Dynamic movement patterns [koachvolleyball.com](#) 4 min

Lunge with trunk rotation on the way out, carioca and skips back. Hips and ankles loose before the jumping starts.

Core 5 min · whole group together

Statues

Three exercises, 30 seconds each, two rounds. The coach counts out loud.

1. Plank hold — the coach counts down from ten, everybody holds
2. Boat — sit with your legs off the floor and arms forward, ten counts still
3. Superman clap — arms and legs up, clap your hands in the air

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
Three-step approach koachvolleyball.com The three-step approach with no ball: left-right-left for a right-hander, with a plant step and a vertical takeoff. HOW TO SET IT UP Everybody on the attack line at once, in waves of four. The coach counts the rhythm out loud. START HERE Two steps (right-left) and no jump at first, just the rhythm. BUILD TOWARDS Full approach with the arms swinging back on the plant step, landing on two feet. > The last two steps are the biggest and the fastest.	Approach with catch koachvolleyball.com Approach with a catch: the setter sets high outside, the hitter approaches and catches the ball at the highest point. HOW TO SET IT UP One setter (or the coach), a line at position 4, two balls going round. START HERE The ball is thrown up high instead of set. BUILD TOWARDS Catch with two hands above the head and the hitting arm extended, then down. > Jump up, not forward — the net is still there when you land.	Arm swing against the wall koachvolleyball.com Wall spikes: toss the ball, elbow high, wrist over the ball, off the floor into the wall and catch it again. HOW TO SET IT UP Everybody at the wall with their own ball. Count out loud in sets of ten. START HERE No jump, just the arm swing from standing. BUILD TOWARDS Ten in a row where the ball comes back to the same square metre. > Elbow high and back first — the hand comes last.

Game 20 min · finish every session playing	Five-on-five full rally koachvolleyball.com Full rally five on five: serve, serve receive, build-up, attack, block and defense. RULE FOR TONIGHT A point off an attack with a full three-step approach counts double — and the approach gets praised even when the ball goes out.
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COACHING POINTS

- The approach starts behind the three-metre line, not on it.
- Arms back during the plant step, then both of them hard up.
- Land on two feet, through the knees — that is how we stay in one piece.

EQUIPMENT

All the balls, stickers or tape for the reach mark, a clear wall

Hit it above you

FOCUS The arm swing	WHAT YOU ARE WORKING ON 1 Elbow high, hand on top of the ball, wrist over it 2 Contact at your highest point 3 Choose between hit, tip and roll shot
HOW YOU KNOW IT WORKED Every player scores at least one point with a tip or a roll shot.	

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

Relay with ball skills [koachvolleyball.com](#) 10 min
Two teams, a course keeping the ball up around a cone, hand off to the next runner and go again.

Core 5 min · whole group together

Statues
Three exercises, 30 seconds each, two rounds. The coach counts out loud.

1. Plank hold — the coach counts down from ten, everybody holds
2. Boat — sit with your legs off the floor and arms forward, ten counts still
3. Superman clap — arms and legs up, clap your hands in the air

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

DRILL 1 Technique calm, lots of repetitions Hitting lines koachvolleyball.com Hitting lines: toss to the setter, approach, attack the set at position 4, collect your ball and rejoin at the back. HOW TO SET IT UP One line, two balls in circulation. Collecting balls is part of the drill. START HERE The coach tosses the set at a fixed height and spot. BUILD TOWARDS The setter varies the height; the hitter adjusts when to leave. › Hit the ball at your highest point, not on the way up.	DRILL 2 Application with movement and pressure Set-and-hit from position 4 koachvolleyball.com Set and hit from position 4: the setter sets outside and hitters attack in turn. HOW TO SET IT UP Three hitters working, the rest in line and shagging balls. Rotate every minute. START HERE Attack off the floor or from a low box so the timing stays simple. BUILD TOWARDS Attack on call: the coach shouts "line" or "cross" during the approach. › Look at the far side before you jump, not after.	DRILL 3 Play the skill inside a game Tips and roll shots only koachvolleyball.com Tips and roll shots only: hard spikes are banned. You score behind the block and into the corners. HOW TO SET IT UP Hoops in the corners as targets, both sides working at once. START HERE Tipping from the floor is fine, as long as the fingers are firm. BUILD TOWARDS You can only score behind a real double block. › A tip is a short firm push with stiff fingers — not a caress.
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Game 20 min · finish every session playing	Bonus-point game koachvolleyball.com A normal set with bonus points for the goal of the session. RULE FOR TONIGHT A finished attack after a full approach is worth two points.
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COACHING POINTS

- Elbow high, hand above the ball, wrist over the top of it.
- Pick your direction during the approach, not in the air.
- Hitting hard is one option out of three — tip and roll shot belong in the toolkit.

EQUIPMENT

All the balls, eight hoops, a low box or bench, bibs

The second ball

FOCUS Setting	WHAT YOU ARE WORKING ON 1 Get both feet under the ball and stop 2 The same hand action to every position 3 When in doubt, set it high rather than rush it over
HOW YOU KNOW IT WORKED Every player sets at least ten balls, middles included.	

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 10 min
Move forward in a wave, pass the coach’s ball back, rejoin at the back.

Core 5 min · whole group together

Plank tag
Three exercises, 30 seconds each, two rounds. Four minutes and done.

1. Plank tag — side by side in a plank, take turns tapping your neighbour’s hand
2. Bridge — on your back, feet flat, hips up and hold for three counts
3. Swim on your front — arms and legs off the floor, keep swimming easy

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: the passer plays to the setter, the setter to the hitter, and after the ball everyone moves on a position. HOW TO SET IT UP Three triangles, one ball each. Everybody does every role. START HERE The attack may be a controlled throw. BUILD TOWARDS The set has to land at the same height and the same spot every time. › You set with both feet under the ball and the right foot slightly forward.	DRILL 2 Application with movement and pressure Setter carousel koachvolleyball.com Setter carousel: setters take turns handling a set while hitters and ball shaggers keep rotating. HOW TO SET IT UP Continuous tempo, balls fed from the side. Swap the setters every two minutes. START HERE Set from a fixed position off thrown balls. BUILD TOWARDS Set after moving from the end line to position 2 or 3. › Stand still before you set — a setter on the move sets crooked.	DRILL 3 Play the skill inside a game Square drill koachvolleyball.com Square drill: four small groups on the corners, the ball goes round in a fixed order and you move on after your contact. HOW TO SET IT UP Groups of three on each corner. Two balls once it runs well. START HERE One ball, and catching allowed if it gets away. BUILD TOWARDS Two balls going opposite ways, overhead only. › Know where your ball is going before it reaches you.
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Game 20 min · finish every session playing Bingo-Bango-Bongo koachvolleyball.com Bingo-Bango-Bongo: win three rallies in a row and you earn the right to serve for a real point. RULE FOR TONIGHT A rally where a non-setter set the second ball overhead is worth two.
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COACHING POINTS

- Get under the ball, not beside it — then you do not have to steer with your arms.
- The same hand action for every ball, whether it goes to 2 or to 4.
- If you cannot set the second ball, play it high — never rush it over.

EQUIPMENT

One ball per two, cones, hoops as corner markers

FOCUS Communication and coverage	WHAT YOU ARE WORKING ON 1 Call before the contact, with a name or "mine" 2 The player not taking it calls just as loudly 3 Cover low and close under the hitter
HOW YOU KNOW IT WORKED A rally with no calling goes to the other 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

Around the court with a tap ball koachvolleyball.com 10 min

Jog a loop around the court and tap the ball on to the next in line.

With the ball

Three exercises, 30 seconds each, two rounds. One ball each or one per two.

1. Boat with ball — sit with knees bent, pass the ball under your knees

2. Bridge with ball — ball squeezed between the knees, hips up

3. Plank ball tap — tap the ball in turn without letting your hips swing

The three drills18 min each · run them in this order

DRILL 1

Technique

calm, lots of repetitions

"Mine!" — call for the ball

koachvolleyball.com

The coach tosses exactly between two players. Whoever wants it calls loudly before contact. Collisions disappear within one session.

HOW TO SET IT UP

Two pairs at a time, a line beside them. The coach varies left, right and dead centre.

START HERE

Announced tosses and one step between the players.

BUILD TOWARDS

Three players side by side and a short, fast ball.

> Call while the ball is in the air, not when it is nearly on the floor.

DRILL 2

Application

with movement and pressure

The 3 C's koachvolleyball.com

The 3 C's: communication, coverage and celebration. A point only counts if all three were visible.

HOW TO SET IT UP

Four on four with the coach as referee, calling the three C's out loud.

START HERE

Two C's: calling and celebrating.

BUILD TOWARDS

All three, and the coverage has to be genuinely under the hitter.

> Cover low and close — two metres behind the hitter is too far.

DRILL 3

Play

the skill inside a game

Chaos ball koachvolleyball.com

Chaos ball: the coach throws in ugly, impossible balls and the team turns them into three controlled contacts.

HOW TO SET IT UP

Six players on court, a line coming in after every ball. High tempo.

START HERE

Two contacts are fine as long as the ball crosses under control.

BUILD TOWARDS

Three contacts compulsory and the attack has to come from the attack line.

> First ball high and to the middle: then there is always a way out.

Game 20 min · finish every session playing	USA drill koachvolleyball.com USA drill: win three rallies (U-S-A) in a row for a big point, then rotate. RULE FOR TONIGHT A rally in which nobody called goes to the other side automatically.
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COACHING POINTS

—Call a name or "mine" — "yes" is not information.

—The player who is not taking the ball calls just as loudly as the one who is.

—On a free ball everybody calls at once; that is the signal to switch.

EQUIPMENT

Balls, bibs, a whistle

FOCUS Transition	WHAT YOU ARE WORKING ON 1 Drop off to the attack line straight after your dig 2 The defender is the first attacking option 3 On a free ball everybody calls and the team moves		
HOW YOU KNOW IT WORKED Speedball to 15 with no standing still between the points.			

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
Easy jog-in drill in two loops, switch sides halfway.

Pepper series (build-up) [koachvolleyball.com](#) 6 min
Pepper with rising complexity: dig, set and a controlled hit.

Core 5 min · whole group together

High five
Three exercises, 30 seconds each, two rounds. Works best with music on.

- Side plank high five — top arm up and clap with your neighbour
- Dead bug — on your back, extend the opposite arm and leg
- Mountain climber on call — the coach calls slow, fast or stop

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

DRILL 1
Technique
calm, lots of repetitions

Defense - transition [koachvolleyball.com](#)
Dig-set-hit: dig the ball off the box, the setter arrives and sets outside, and the counterattack is finished over the net.
HOW TO SET IT UP
Coach on the box, one setter, one hitter, a waiting line. Two balls going round.
START HERE
The dig may go high and well off the net; the setter runs to it.
BUILD TOWARDS
The hitter has to be behind the attack line before the dig happens.
› Drop off to the attack line right after your dig — that is the whole drill.

DRILL 2
Application
with movement and pressure

Free ball! transition on call [koachvolleyball.com](#)
Free ball on call: the team is in defensive base, the coach calls "free ball!" and the whole team switches to the free-ball formation.
HOW TO SET IT UP
Six on court, a line at the side. Six reps, then swap.
START HERE
Just the movement with no ball, until the pattern sticks.
BUILD TOWARDS
The free ball comes unannounced, in between rallies.
› Everybody calls "free!" — only then does the team move.

DRILL 3
Play
the skill inside a game

Six-person pepper [koachvolleyball.com](#)
Six-person pepper: two lines of three, dig-set-hit, and you join the back after every contact.
HOW TO SET IT UP
Two groups of six. Keeps turning by itself and needs almost no explaining.
START HERE
The hit becomes a controlled placement.
BUILD TOWARDS
Full speed, and twenty contacts without an error is a point for the group.
› Rejoining starts the moment you have played it, not when you see you should.

Game 20 min · finish every session playing	Speedball 6-6 koachvolleyball.com Speedball six on six: no serve, the coach feeds balls in continuously so there is hardly any dead time. RULE FOR TONIGHT The coach puts a new ball in within two seconds of every point. Play to 15.
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- COACHING POINTS
- Digging and then standing still is the most common mistake — drop off straight away.

—The hitter who just dug is the first option for the counterattack.

—On a free ball the second ball is always the setter’s, even from the back row.
- EQUIPMENT
- All the balls (at least ten), a box, bibs

FOCUS The complete rally	WHAT YOU ARE WORKING ON 1 Three contacts, every rally, no shortcuts 2 Everybody plays a position that is not theirs once 3 Coach on what goes well
HOW YOU KNOW IT WORKED Everybody plays against every other group.	

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

Relay with cones koachvolleyball.com 10 min
Relay with cones, in the teams you will play the tournament with.

Core 5 min · whole group together

Statues

Three exercises, 30 seconds each, two rounds. The coach counts out loud.

1. Plank hold — the coach counts down from ten, everybody holds
2. Boat — sit with your legs off the floor and arms forward, ten counts still
3. Superman clap — arms and legs up, clap your hands in the air

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

DRILL 1 Technique calm, lots of repetitions Team serving challenge koachvolleyball.com Team serving challenge: the whole team has to hit a streak (say ten in a row). One miss and it starts over. HOW TO SET IT UP Each team on one side, everybody serves in turn. START HERE Six in a row instead of ten. BUILD TOWARDS Fifteen in a row, and the last three have to land in a called zone. > Back to the routine — this is exactly what we built it for.	DRILL 2 Application with movement and pressure Amoeba serving koachvolleyball.com Amoeba serving: serve and sit where your ball lands. Teammates free you by hitting you with a serve. HOW TO SET IT UP Two groups facing each other. Runs itself and gets a lot of laughs. START HERE Freeing with a caught ball is allowed. BUILD TOWARDS Only a direct hit frees a teammate. > Stay calm — aiming is still aiming.	DRILL 3 Play the skill inside a game Ball around the course koachvolleyball.com Ball around the course: the whole group keeps the ball moving over mats and cones without letting it drop. HOW TO SET IT UP One course, everybody in. Count the record. START HERE Catching and playing on is allowed on the hard ones. BUILD TOWARDS Overhead only, and nobody plays two balls in a row. > Look ahead to the next player, not at your own ball.
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Game 20 min · finish every session playing	Match with rotation koachvolleyball.com A full six on six where the team rotates after every rally. RULE FOR TONIGHT Short matches, everybody against everybody. Finish with the whole group in one circle.
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COACHING POINTS

- Today nobody gets coached on errors — only on what goes well.
- Every player spends a rally in a position that is not theirs.
- Finish with the whole group in one circle.

EQUIPMENT

All the balls, mats, cones, 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. **Three exercises of 30 seconds, two rounds.** That is all of it, and deliberately so: no weights, no crunches, nothing that needs explaining. Everybody can join in straight away, including whoever is doing it for the first time.

SET A Plank tag Three exercises, 30 seconds each, two rounds. Four minutes and done. 1 Plank tag — side by side in a plank, take turns tapping your neighbour’s hand 2 Bridge — on your back, feet flat, hips up and hold for three counts 3 Swim on your front — arms and legs off the floor, keep swimming easy

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 64 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.

"Mine!" — call for the ball 10.1 /volleyball-drills/mine-call-for-the-ball.html
Amoeba serving 12.2 /volleyball-drills/amoeba-serving.html
Approach with catch 7.2 /volleyball-drills/approach-with-catch.html
Arm swing against the wall 7.3 /volleyball-drills/arm-swing-against-the-wall.html
Around the court with a tap ball 10w /volleyball-drills/around-the-court-with-a-tap-ball.html
Around the world 6.1 /volleyball-drills/around-the-world.html
Ball around the course 12.3 /volleyball-drills/ball-around-the-course.html
Battleship serving 6.3 /volleyball-drills/battleship-serving.html
Bingo-Bango-Bongo 9g /volleyball-drills/bingo-bango-bongo.html
Bonus-point game 8g /volleyball-drills/bonus-point-game.html
Cat and mouse with cones 6w /volleyball-drills/cat-and-mouse-with-cones.html
Chaos ball 10.3 /volleyball-drills/chaos-ball.html
Circle keep-away — reaction game 3w /volleyball-drills/circle-keep-away-reaction-game.html
Dead fish 5.3 /volleyball-drills/dead-fish.html
Defense - transition 11.1 /volleyball-drills/defense-transition.html
Dynamic movement patterns 2w, 7w /volleyball-drills/dynamic-movement-patterns.html
Figure-eight warm-up 11w /volleyball-drills/figure-eight-warm-up.html
Five-on-five full rally 7g /volleyball-drills/five-on-five-full-rally.html
Forearm pass into the hoop 4.3 /volleyball-drills/forearm-pass-into-the-hoop.html
Forearm passing gauntlet (12) 1.2 /volleyball-drills/forearm-passing-gauntlet-12.html
Four-corner passing loop 3.3 /volleyball-drills/four-corner-passing-loop.html
Four-on-four complete 3g /volleyball-drills/four-on-four-complete.html

Free ball! transition on call 11.2 /volleyball-drills/free-ball-transition-on-call.html
Hitting in pairs 7w /volleyball-drills/hitting-in-pairs.html
Hitting lines 8.1 /volleyball-drills/hitting-lines.html
King's game rotation 4g /volleyball-drills/king-s-game-rotation.html
Left-right shuttle passing 4.2 /volleyball-drills/left-right-shuttle-passing.html
Line tag 1w /volleyball-drills/line-tag.html
Match with rotation 12g /volleyball-drills/match-with-rotation.html
Movement pattern with ball 2w /volleyball-drills/movement-pattern-with-ball.html
Overhand passing gauntlet 3.1 /volleyball-drills/overhand-passing-gauntlet.html
Pair warm-up 1.1 /volleyball-drills/pair-warm-up.html
Pass & weave 2.2 /volleyball-drills/pass-weave.html
Passing triplets 2.1 /volleyball-drills/passing-triplets.html
Pepper series (build-up) 11w /volleyball-drills/pepper-series-build-up.html
Queen of the court 2g /volleyball-drills/queen-of-the-court.html
Relay with ball skills 8w /volleyball-drills/relay-with-ball-skills.html
Relay with cone slalom 4w /volleyball-drills/relay-with-cone-slalom.html
Relay with cones 12w /volleyball-drills/relay-with-cones.html
Run-throughs 4.1 /volleyball-drills/run-throughs.html
SafeVolley base round 1w /volleyball-drills/safevolley-base-round.html
Serve + free ball wash game 5g /volleyball-drills/serve-free-ball-wash-game.html
Serve duel six on five 6g /volleyball-drills/serve-duel-six-on-five.html
Serve receive in W formation 6.2 /volleyball-drills/serve-receive-in-w-formation.html

Appendix · every drill in this programme (continued)

Serving technique against the wall

5.1 </volleyball-drills/serving-technique-against-the-wall.html>

Set-and-hit from position 4

8.2 </volleyball-drills/set-and-hit-from-position-4.html>

Setter carousel

9.2 </volleyball-drills/setter-carousel.html>

Short court 2v2

1.3 </volleyball-drills/short-court-2v2.html>

Shoulder activation with band

5w </volleyball-drills/shoulder-activation-with-band.html>

Six-person pepper

11.3 </volleyball-drills/six-person-pepper.html>

Speedball 6-6

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

Square drill

9.3 </volleyball-drills/square-drill.html>

Team serving challenge

12.1 </volleyball-drills/team-serving-challenge.html>

The 3 C's

10.2 </volleyball-drills/the-3-c-s.html>

Three-contact rally

2.3 </volleyball-drills/three-contact-rally.html>

Three-step approach

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

Tips and roll shots only

8.3 </volleyball-drills/tips-and-roll-shots-only.html>

Triangle pass-set-attack rotation

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

Triangle passing

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

Triples tournament 3v3

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

USA drill

10g </volleyball-drills/usa-drill.html>

Wave passing to the coach

9w </volleyball-drills/wave-passing-to-the-coach.html>

Wave run with a toss

5w </volleyball-drills/wave-run-with-a-toss.html>

Zone serving at targets

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