

# Sixteen weeks of adult volleyball

A complete season of technique and team systems

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**16 sessions**

one per week

**90 minutes**

the same shape every time

**One court, one coach**

one team, no extra staff

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**INSIDE**

**2** How a session works

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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](https://koachvolleyball.com) — the link sits under the name.

# How a session works

Sixteen sessions covering the full technical picture: the first contact, the attacking chain, serving and blocking, and defending as a system. Each phase of four sessions closes something off before the next one starts.

## Who this is for

A club team training once a week through a competitive season. 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                                                       |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| <b>The first contact</b> Ball control, serve receive mechanics and setting        |                                                                                                                               |                                                                                                                                                                                                              | sessions 1-4                                                       |
| 1                                                                                 | <b>Ball control baseline</b><br>Clean contacts as the foundation for everything else<br><b>GAME</b><br>Triples tournament 3v3 | <ul style="list-style-type: none"><li>● Platform angle set before the ball arrives</li><li>● Stop moving at the moment of contact</li><li>● Every ball played to a target, not just up</li></ul>             | <i>Fifty consecutive controlled contacts per pair.</i>             |
| 2                                                                                 | <b>Platform and angle</b><br>Serve receive mechanics<br><b>GAME</b><br>Servers vs passers                                     | <ul style="list-style-type: none"><li>● Angle the platform with the shoulders, not the arms</li><li>● Absorb rather than swing</li><li>● Same contact point on every ball</li></ul>                          | <i>Team serve receive average of 2.0 out of 3.</i>                 |
| 3                                                                                 | <b>Short and deep</b><br>Reading the serve<br><b>GAME</b><br>Serve + free ball wash game                                      | <ul style="list-style-type: none"><li>● Read the toss, not the arm</li><li>● Move forward through short balls</li><li>● Call the seam before the ball crosses</li></ul>                                      | <i>Eight out of ten short balls passed to the target.</i>          |
| 4                                                                                 | <b>Setting mechanics</b><br>A repeatable set<br><b>GAME</b><br>Three-contact rally                                            | <ul style="list-style-type: none"><li>● Both feet under the ball, right foot slightly forward</li><li>● The same hand action to every position</li><li>● Square to the left antenna as a default</li></ul>   | <i>Twenty sets in a row inside a one-metre target zone.</i>        |
| <b>Attacking</b> Setter decisions, the approach, the arm swing and shot selection |                                                                                                                               |                                                                                                                                                                                                              | sessions 5-8                                                       |
| 5                                                                                 | <b>The setter decides</b><br>Setter decision making<br><b>GAME</b><br>Bonus-point game                                        | <ul style="list-style-type: none"><li>● Read the block before the ball arrives</li><li>● Set the hitter who is available, not the favourite</li><li>● The dump is an option, not a stunt</li></ul>           | <i>Every setter uses all three options within one game.</i>        |
| 6                                                                                 | <b>The approach</b><br>Approach efficiency and takeoff<br><b>GAME</b><br>Five-on-five full rally                              | <ul style="list-style-type: none"><li>● The last two steps are the biggest and fastest</li><li>● Arms back on the plant, then hard up</li><li>● Convert horizontal speed into height, not distance</li></ul> | <i>Reach measured; everybody has a number to beat.</i>             |
| 7                                                                                 | <b>Arm swing and contact</b><br>Hitting mechanics<br><b>GAME</b><br>Bonus-point game                                          | <ul style="list-style-type: none"><li>● High elbow, hand on top of the ball</li><li>● Contact at full extension</li><li>● Wrist snap finishes the ball down</li></ul>                                        | <i>Ten hits in a row landing inside the court from position 4.</i> |
| 8                                                                                 | <b>Shot selection</b><br>Choosing the right attack<br><b>GAME</b><br>22 all                                                   | <ul style="list-style-type: none"><li>● See the block and the floor before you jump</li><li>● Tip and roll shot as real weapons</li><li>● Use the block rather than avoid it</li></ul>                       | <i>Every hitter scores with three different shots.</i>             |

# The focus of every session (continued)

| #                                                                            | SESSION AND FOCUS                                                                                              | WHAT YOU WORK ON                                                                                                                                                                                      | HOW YOU KNOW                                                         |
|------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| <b>Serving and blocking</b> Float serving, the jump float and block footwork |                                                                                                                |                                                                                                                                                                                                       | sessions 9–12                                                        |
| <b>9</b>                                                                     | <b>Float and target</b><br>Serving accuracy<br><b>GAME</b><br>Team serving challenge                           | <ul style="list-style-type: none"> <li>• Same toss every serve</li> <li>• Flat hand, stopped swing</li> <li>• Serve a zone you called out loud</li> </ul>                                             | <i>Seventy per cent of serves in, with half in the called zone.</i>  |
| <b>10</b>                                                                    | <b>Jump float</b><br>Developing an aggressive serve<br><b>GAME</b><br>Serving pressure 4 on 4                  | <ul style="list-style-type: none"> <li>• Toss in front, not above</li> <li>• Contact at the top of the jump</li> <li>• Land forward inside the court</li> </ul>                                       | <i>Everybody serves ten jump floats with seven in.</i>               |
| <b>11</b>                                                                    | <b>Block footwork</b><br>Moving along the net<br><b>GAME</b><br>Match format with rotating serve               | <ul style="list-style-type: none"> <li>• Shoulders square through the whole move</li> <li>• Shuffle short, swing long</li> <li>• Penetrate rather than reach</li> </ul>                               | <i>Everybody covers all five net positions without losing shape.</i> |
| <b>12</b>                                                                    | <b>Read blocking</b><br>Blocking off the setter and the hitter<br><b>GAME</b><br>Block and defense switch      | <ul style="list-style-type: none"> <li>• Setter first, ball second, hitter third</li> <li>• Stop on the setter's contact</li> <li>• Take the line or the cross on purpose</li> </ul>                  | <i>Five blocks or touches per blocker in a live game.</i>            |
| <b>Defending</b> The double block, defensive systems, digging and coverage   |                                                                                                                |                                                                                                                                                                                                       | sessions 13–16                                                       |
| <b>13</b>                                                                    | <b>Closing the double block</b><br>Blocking as a pair<br><b>GAME</b><br>Full rally six on five                 | <ul style="list-style-type: none"> <li>• The middle closes to the pin, not the other way round</li> <li>• No gap and no overlap</li> <li>• Both blockers jump on the same beat</li> </ul>             | <i>Ten closed double blocks with no daylight between the hands.</i>  |
| <b>14</b>                                                                    | <b>Base and read</b><br>Defensive systems<br><b>GAME</b><br>Neville's pepper (3v3)                             | <ul style="list-style-type: none"> <li>• Know your base and your read position</li> <li>• Freeze on the hitter's contact</li> <li>• Dig high into the middle of the court</li> </ul>                  | <i>The team holds its shape for a full rotation with no gaps.</i>    |
| <b>15</b>                                                                    | <b>Digging hard-driven balls</b><br>Defending the swing<br><b>GAME</b><br>Defending against the attack cannons | <ul style="list-style-type: none"> <li>• Platform out in front, not at your hips</li> <li>• Absorb rather than swing at it</li> <li>• Play the dig high enough for the setter to run to it</li> </ul> | <i>Twenty hard-driven balls dug into the setter zone.</i>            |
| <b>16</b>                                                                    | <b>Covering the hitter</b><br>Coverage and tips<br><b>GAME</b><br>The 3 C's                                    | <ul style="list-style-type: none"> <li>• Coverage is low and close under the hitter</li> <li>• The block shadow is somebody's job</li> <li>• Move on the hitter's jump, not on the block</li> </ul>   | <i>Ten covered blocks played out into a second attack.</i>           |

# Ball control baseline

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

|                                   |                               |                                   |                                   |                                   |                                |                                 |
|-----------------------------------|-------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|--------------------------------|---------------------------------|
| <b>18.00</b><br>Warm-up<br>10 min | <b>18.10</b><br>Core<br>5 min | <b>18.15</b><br>Drill 1<br>18 min | <b>18.33</b><br>Drill 2<br>18 min | <b>18.51</b><br>Drill 3<br>18 min | <b>19.09</b><br>Game<br>20 min | <b>19.29</b><br>Finish<br>1 min |
|-----------------------------------|-------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|--------------------------------|---------------------------------|

**Warm-up** 10 min · whole group

**Core** 5 min · whole group together

**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.

**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

**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.

**DRILL 2**  
**Application**  
with movement and pressure

**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.

**DRILL 3**  
**Play**  
the skill inside a game

**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.

|                                                      |                                                                                                                                                                                                                       |
|------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Game</b><br>20 min · finish every session playing | <b>Triples tournament 3v3</b> <a href="#">koachvolleyball.com</a><br>Triples tournament three on three on a court halved lengthwise.<br><b>RULE FOR TONIGHT</b> Rallies of six or more contacts are worth two points. |
|------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**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

# Platform and angle

**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.

|                                   |                               |                                   |                                   |                                   |                                |                                 |
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| <b>18.00</b><br>Warm-up<br>10 min | <b>18.10</b><br>Core<br>5 min | <b>18.15</b><br>Drill 1<br>18 min | <b>18.33</b><br>Drill 2<br>18 min | <b>18.51</b><br>Drill 3<br>18 min | <b>19.09</b><br>Game<br>20 min | <b>19.29</b><br>Finish<br>1 min |
|-----------------------------------|-------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|--------------------------------|---------------------------------|

**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

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

|                                   |                               |                                   |                                   |                                   |                                |                                 |
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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.

- 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

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>DRILL 1</b><br><b>Technique</b><br>calm, lots of repetitions                                                                                                                                                                                                                                                                                                                                                                                                       | <b>DRILL 2</b><br><b>Application</b><br>with movement and pressure                                                                                                                                                                                                                                                                                                                                                                                            | <b>DRILL 3</b><br><b>Play</b><br>the skill inside a game                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Short-deep serve receive</b><br><a href="#">koachvolleyball.com</a><br>Short-deep serve receive: the coach alternates short tips and deep balls and the passer reads which is coming.<br><b>HOW TO SET IT UP</b><br>Coach at the net, two passers, a line at the side.<br><b>START HERE</b><br>Announced before each ball.<br><b>BUILD TOWARDS</b><br>Unannounced, with seam balls mixed in.<br><br>> The toss height tells you short or deep before the arm does. | <b>Run-throughs</b> <a href="#">koachvolleyball.com</a><br>Run-throughs: a short ball well in front of the passer, sprinted through and passed on the move.<br><b>HOW TO SET IT UP</b><br>Two lanes, one feeder each.<br><b>START HERE</b><br>High soft feed, catch on the move allowed.<br><b>BUILD TOWARDS</b><br>Low and short, and the pass has to land on the target first time.<br><br>> Pass through the ball while still moving — do not brake first. | <b>Short-serve game</b> <a href="#">koachvolleyball.com</a><br>Short-serve game: only serves landing in front of the three-metre line count.<br><b>HOW TO SET IT UP</b><br>Servers on one side, passers on the other.<br><b>START HERE</b><br>Serve from the attack line.<br><b>BUILD TOWARDS</b><br>Full distance, short serve, and the passer has to set up an attack.<br><br>> A short serve is a tactical choice, not an accident. |

|                                                      |                                                                                                                                                                                                                                                                   |
|------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Game</b><br>20 min · finish every session playing | <b>Serve + free ball wash game</b> <a href="#">koachvolleyball.com</a><br>Serve plus free ball wash game: serve for the small point, free ball to whoever lost it.<br><br><b>RULE FOR TONIGHT</b> A short serve that lands in is worth a big point straight away. |
|------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

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.

|                                   |                               |                                   |                                   |                                   |                                |                                 |
|-----------------------------------|-------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|--------------------------------|---------------------------------|
| <b>18.00</b><br>Warm-up<br>10 min | <b>18.10</b><br>Core<br>5 min | <b>18.15</b><br>Drill 1<br>18 min | <b>18.33</b><br>Drill 2<br>18 min | <b>18.51</b><br>Drill 3<br>18 min | <b>19.09</b><br>Game<br>20 min | <b>19.29</b><br>Finish<br>1 min |
|-----------------------------------|-------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|--------------------------------|---------------------------------|

**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.  

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

**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.

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

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

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| <b>18.00</b><br>Warm-up<br>10 min | <b>18.10</b><br>Core<br>5 min | <b>18.15</b><br>Drill 1<br>18 min | <b>18.33</b><br>Drill 2<br>18 min | <b>18.51</b><br>Drill 3<br>18 min | <b>19.09</b><br>Game<br>20 min | <b>19.29</b><br>Finish<br>1 min |
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**Warm-up** 10 min · whole group

**Circle keep-away — reaction game** [koachvolleyball.com](#) 5 min

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

**Pair warm-up** [koachvolleyball.com](#) 5 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

**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 drills** 18 min each · run them in this order

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
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| <b>DRILL 1</b><br><b>Technique</b><br>calm, lots of repetitions<br><br><b>Setter dump decision drill</b><br><a href="#">koachvolleyball.com</a><br>Setter dump decision drill: the setter chooses between setting and tipping based on the defense on the other side.<br><b>HOW TO SET IT UP</b><br>Setter, two hitters, three defenders opposite who move on a coach signal.<br><b>START HERE</b><br>The coach tells the setter what the defense will do.<br><b>BUILD TOWARDS</b><br>The defense moves freely and the setter has to read it live.<br><br>> Look at the far side while the pass is in the air, not after. | <b>DRILL 2</b><br><b>Application</b><br>with movement and pressure<br><br><b>Set combination quick middle</b><br><a href="#">koachvolleyball.com</a><br>Set combination quick middle: the setter chooses the quick middle or the outside and the block has to read it.<br><b>HOW TO SET IT UP</b><br>Setter, middle, outside, two blockers on the far side.<br><b>START HERE</b><br>The setter calls it before the pass.<br><b>BUILD TOWARDS</b><br>The setter decides in the air; both hitters approach every ball.<br><br>> Same hands for both — the block should learn nothing from your posture. | <b>DRILL 3</b><br><b>Play</b><br>the skill inside a game<br><br><b>Around the world 4-3-2</b> <a href="#">koachvolleyball.com</a><br>Around the world 4-3-2: attacks from 4 high, 3 quick and 2 off a back set.<br><b>HOW TO SET IT UP</b><br>One setter, a line at each position.<br><b>START HERE</b><br>Fixed order.<br><b>BUILD TOWARDS</b><br>The setter picks and the hitters all go.<br><br>> The back set is a normal set, not an emergency one. |
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| <b>Game</b><br>20 min · finish every session playing | <b>Bonus-point game</b> <a href="#">koachvolleyball.com</a><br>A normal set with bonus points for the session goal.<br><br><b>RULE FOR TONIGHT</b> A point scored off the setter’s second option counts double. |
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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

|                                                                               |                                                                                                                                                                                                           |
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| <b>FOCUS</b><br><b>Approach efficiency and takeoff</b>                        | <b>WHAT YOU ARE WORKING ON</b><br><b>1</b> The last two steps are the biggest and fastest<br><b>2</b> Arms back on the plant, then hard up<br><b>3</b> Convert horizontal speed into height, not distance |
| <b>HOW YOU KNOW IT WORKED</b> Reach measured; everybody has a number to beat. |                                                                                                                                                                                                           |

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| <b>18.00</b><br>Warm-up<br>10 min | <b>18.10</b><br>Core<br>5 min | <b>18.15</b><br>Drill 1<br>18 min | <b>18.33</b><br>Drill 2<br>18 min | <b>18.51</b><br>Drill 3<br>18 min | <b>19.09</b><br>Game<br>20 min | <b>19.29</b><br>Finish<br>1 min |
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| <b>Warm-up</b> 10 min · whole group | <b>Core</b> 5 min · whole group together |
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**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.

**Jump and land**

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

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

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

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| <b>DRILL 1</b><br><b>Technique</b><br>calm, lots of repetitions                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>DRILL 2</b><br><b>Application</b><br>with movement and pressure                                                                                                                                                                                                                                                                                                                                                                                   | <b>DRILL 3</b><br><b>Play</b><br>the skill inside a game                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Three-step approach</b> <a href="#">koachvolleyball.com</a><br>Three-step approach with no ball: left-right-left, plant step, vertical takeoff, as a complete cycle.<br><b>HOW TO SET IT UP</b><br>Everybody on the attack line in waves of four, the coach calling the rhythm.<br><b>START HERE</b><br>Two steps and no jump, rhythm only.<br><b>BUILD TOWARDS</b><br>Full approach with the arm swing, landing balanced on two feet.<br><br>› The plant step is a brake — that is where the height comes from. | <b>Approach with catch</b> <a href="#">koachvolleyball.com</a><br>Approach with a catch: the setter sets high outside and the hitter catches the ball at the highest point.<br><b>HOW TO SET IT UP</b><br>Setter or coach, a line at position 4, two balls.<br><b>START HERE</b><br>Ball thrown high.<br><b>BUILD TOWARDS</b><br>Catch with the hitting arm fully extended.<br><br>› If you are catching it below full extension, you left too late. | <b>Jump program basics</b> <a href="#">koachvolleyball.com</a><br>Jump programme basics: approach jumps at the net, box jumps with a soft landing and depth jumps for reactivity.<br><b>HOW TO SET IT UP</b><br>One box, everybody rotating. Quality over volume.<br><b>START HERE</b><br>Approach jumps and box jumps only.<br><b>BUILD TOWARDS</b><br>Add depth jumps, six reps, full recovery between.<br><br>› Stop the moment the landing gets noisy. |

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| <b>Game</b><br>20 min · finish every session playing | <b>Five-on-five full rally</b> <a href="#">koachvolleyball.com</a><br>Five on five full rally, every phase at match tempo.<br><br><b>RULE FOR TONIGHT</b> A point off an attack with a complete approach counts double. |
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| <b>COACHING POINTS</b><br>—The last two steps are the biggest and the fastest.<br>—Arms back on the plant step, then both of them hard up.<br>—Jump up, not forward; land on two feet through the knees. | <b>EQUIPMENT</b><br>Balls, a box, tape for the reach mark |
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| <b>FOCUS</b><br>Hitting mechanics                                                         | <b>WHAT YOU ARE WORKING ON</b><br><div><div>1 High elbow, hand on top of the ball</div><div>2 Contact at full extension</div><div>3 Wrist snap finishes the ball down</div></div> |
| <b>HOW YOU KNOW IT WORKED</b> Ten hits in a row landing inside the court from position 4. |                                                                                                                                                                                   |

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| <b>18.00</b><br>Warm-up<br>10 min | <b>18.10</b><br>Core<br>5 min | <b>18.15</b><br>Drill 1<br>18 min | <b>18.33</b><br>Drill 2<br>18 min | <b>18.51</b><br>Drill 3<br>18 min | <b>19.09</b><br>Game<br>20 min | <b>19.29</b><br>Finish<br>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

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

|                                                                               |                                                                                                                                                                                     |  |  |
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| <b>FOCUS</b><br><b>Choosing the right attack</b>                              | <b>WHAT YOU ARE WORKING ON</b><br><b>1</b> See the block and the floor before you jump<br><b>2</b> Tip and roll shot as real weapons<br><b>3</b> Use the block rather than avoid it |  |  |
| <b>HOW YOU KNOW IT WORKED</b> Every hitter scores with three different shots. |                                                                                                                                                                                     |  |  |

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| <b>18.00</b><br>Warm-up<br>10 min | <b>18.10</b><br>Core<br>5 min | <b>18.15</b><br>Drill 1<br>18 min | <b>18.33</b><br>Drill 2<br>18 min | <b>18.51</b><br>Drill 3<br>18 min | <b>19.09</b><br>Game<br>20 min | <b>19.29</b><br>Finish<br>1 min |
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| <b>Warm-up</b> 10 min · whole group | <b>Core</b> 5 min · whole group together |
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**Relay through the cones** [koachvolleyball.com](#) 5 min

Several short lines slaloming the cones so nobody waits behind more than three players.

**Pepper in fours** [koachvolleyball.com](#) 5 min

Two pairs working side by side: pass, set and a controlled attack in a continuous rhythm.

**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

|                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <b>DRILL 1</b><br><b>Technique</b><br>calm, lots of repetitions                                                                                                                                                                                                                                                                                                                                                                      | <b>DRILL 2</b><br><b>Application</b><br>with movement and pressure                                                                                                                                                                                                                                                                                                                                                             | <b>DRILL 3</b><br><b>Play</b><br>the skill inside a game                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Mix it up</b> <a href="#">koachvolleyball.com</a><br>Mix it up: the coach calls the shot for every ball — cross, line, tip or roll.<br><b>HOW TO SET IT UP</b><br>Hitting line at position 4, mats as targets, calls during the approach.<br><b>START HERE</b><br>The call comes before the approach.<br><b>BUILD TOWARDS</b><br>The call comes as the hitter leaves the floor.<br>› Same approach, same swing, different finish. | <b>Tips and roll shots only</b> <a href="#">koachvolleyball.com</a><br>Tips and roll shots only: no hard spikes, scoring behind the block and into the corners.<br><b>HOW TO SET IT UP</b><br>Hoops in the corners, both sides working.<br><b>START HERE</b><br>Tipping from the floor allowed.<br><b>BUILD TOWARDS</b><br>Only scoring behind a real double block counts.<br>› A tip is a firm short push with stiff fingers. | <b>Attacking against a double block</b> <a href="#">koachvolleyball.com</a><br>Attacking against a double block: read the block and score around it.<br><b>HOW TO SET IT UP</b><br>Two real blockers, one setter, a hitting line.<br><b>START HERE</b><br>The block stays passive and just puts hands up.<br><b>BUILD TOWARDS</b><br>The block closes hard and presses over.<br>› Use the hands: high off the outside hand is a legitimate shot. |

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| <b>Game</b><br>20 min · finish every session playing | <b>22 all</b> <a href="#">koachvolleyball.com</a><br>22 all: both teams start at 22 and every rally is played out.<br><b>RULE FOR TONIGHT</b> A first-ball kill counts; anything else is a normal point. |
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**COACHING POINTS**

- Look at the block and at the floor before you leave the ground.
- Tip and roll shot are weapons, not what you do when you are tired.
- Hitting the block on purpose is a shot, not a mistake.

**EQUIPMENT**

Balls, hoops in the corners, mats

# Float and target

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

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| <b>18.00</b><br>Warm-up<br>10 min | <b>18.10</b><br>Core<br>5 min | <b>18.15</b><br>Drill 1<br>18 min | <b>18.33</b><br>Drill 2<br>18 min | <b>18.51</b><br>Drill 3<br>18 min | <b>19.09</b><br>Game<br>20 min | <b>19.29</b><br>Finish<br>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.

**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
3. Prone swimming — small, quick arm movements
4. Wall slide — lower back and forearms stay on the wall

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

|                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                       |
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| <b>DRILL 1</b><br><b>Technique</b><br>calm, lots of repetitions                                                                                                                                                                                                                                                                                                                                                                                          | <b>DRILL 2</b><br><b>Application</b><br>with movement and pressure                                                                                                                                                                                                                                                                                                                                                                                      | <b>DRILL 3</b><br><b>Play</b><br>the skill inside a game                                                                                                                                                                                                                                                                                                                              |
| <b>Serving technique against the wall</b><br><a href="#">koachvolleyball.com</a><br>Serving against the wall above a line at net height, isolating the toss and swing.<br><b>HOW TO SET IT UP</b><br>Everybody at the wall, tape at net height, step back after five hits.<br><b>START HERE</b><br>From four metres.<br><b>BUILD TOWARDS</b><br>From nine metres with a fixed pre-serve routine.<br>› The toss is the drill; the swing only finishes it. | <b>Zone serving at targets</b> <a href="#">koachvolleyball.com</a><br>Zone serving at targets: six zones marked with mats, serving on purpose and counting hits.<br><b>HOW TO SET IT UP</b><br>Serving from one side, catchers returning balls on the other.<br><b>START HERE</b><br>Two big zones instead of six.<br><b>BUILD TOWARDS</b><br>Call the zone before serving; only called hits count.<br>› Decide, then toss — never the other way round. | <b>Around the world</b> <a href="#">koachvolleyball.com</a><br>Around the world: serve the six zones in a fixed order, a hit moving you on.<br><b>HOW TO SET IT UP</b><br>Two lines, shaggers on the far side swapping each round.<br><b>START HERE</b><br>Three zones.<br><b>BUILD TOWARDS</b><br>Two full rounds without a miss.<br>› One zone at a time; never serve on autopilot. |

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| <b>Game</b><br>20 min · finish every session playing | <b>Team serving challenge</b> <a href="#">koachvolleyball.com</a><br>Team serving challenge: the whole team hits a streak, starting over on a miss.<br><b>RULE FOR TONIGHT</b> 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

**FOCUS**  
Developing an aggressive serve

**WHAT YOU ARE WORKING ON**  

1 Toss in front, not above

2 Contact at the top of the jump

3 Land forward inside the court

**HOW YOU KNOW IT WORKED** Everybody serves ten jump floats with seven in.

|                                   |                               |                                   |                                   |                                   |                                |                                 |
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| <b>18.00</b><br>Warm-up<br>10 min | <b>18.10</b><br>Core<br>5 min | <b>18.15</b><br>Drill 1<br>18 min | <b>18.33</b><br>Drill 2<br>18 min | <b>18.51</b><br>Drill 3<br>18 min | <b>19.09</b><br>Game<br>20 min | <b>19.29</b><br>Finish<br>1 min |
|-----------------------------------|-------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|--------------------------------|---------------------------------|

**Warm-up** 10 min · whole group

**Core** 5 min · whole group together

**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.

**Shoulder activation with band** [koachvolleyball.com](#) 5 min

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

**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

**Jump float build-up** [koachvolleyball.com](#)  
Jump float build-up: float from standing, then with one approach step, then the full jump float at the highest point.  
**HOW TO SET IT UP**  
Everybody serving at once, working through the three stages.  
**START HERE**  
Standing float only until it lands consistently.  
**BUILD TOWARDS**  
Full jump float from nine metres to a called zone.  
**> Toss in front of you; the jump goes to the ball, not the other way round.**

**DRILL 2**  
**Application**  
with movement and pressure

**Float serve at the seams** [koachvolleyball.com](#)  
Float serve at the seams, aimed deliberately between two passers.  
**HOW TO SET IT UP**  
Servers on one side, two passers who must call every ball.  
**START HERE**  
Serve at the seam from the attack line.  
**BUILD TOWARDS**  
Full distance and the server calls the seam first.  
**> The seam moves; look at the passers before you toss.**

**DRILL 3**  
**Play**  
the skill inside a game

**AMRAP target serving** [koachvolleyball.com](#)  
AMRAP target serving: two minutes, mat is 3, court is 1, miss is -1.  
**HOW TO SET IT UP**  
Everybody serving, a partner keeping score.  
**START HERE**  
A miss costs nothing.  
**BUILD TOWARDS**  
A miss costs two.  
**> Aggression and accuracy have to coexist, or it is not a weapon.**

**Game**  
20 min · finish every session playing

**Serving pressure 4 on 4** [koachvolleyball.com](#)  
Serving pressure four on four: one side serves tough on purpose and the other has to side out.  
**RULE FOR TONIGHT** An ace is two points; a service error costs one.

- COACHING POINTS**  
—The toss goes in front so you can jump to it.  
—Contact at the top of the jump, arm fully extended.  
—A jump float only earns its place if it lands seven times out of ten.
- EQUIPMENT**  
All the balls, mats, bands

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

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| <b>18.00</b><br>Warm-up<br>10 min | <b>18.10</b><br>Core<br>5 min | <b>18.15</b><br>Drill 1<br>18 min | <b>18.33</b><br>Drill 2<br>18 min | <b>18.51</b><br>Drill 3<br>18 min | <b>19.09</b><br>Game<br>20 min | <b>19.29</b><br>Finish<br>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.

- 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

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| <div><b>DRILL 1</b><br/><b>Technique</b><br/>calm, lots of repetitions</div> <div><b>Block footwork along the net</b><br/><a href="#">koachvolleyball.com</a><br/>Block footwork: shuffle over short distances, crossover over long ones, ending in a block jump.<br/><b>HOW TO SET IT UP</b><br/>Four at the net at a time, the rest counting from the end line.<br/><b>START HERE</b><br/>Shuffle only, jump from standing.<br/><b>BUILD TOWARDS</b><br/>Crossover with hip turn and close step, landing into the next move.<br/><b>&gt; Shoulders stay square to the net, even in the crossover.</b></div> | <div><b>DRILL 2</b><br/><b>Application</b><br/>with movement and pressure</div> <div><b>Swing block: 3-step crossover</b><br/><a href="#">koachvolleyball.com</a><br/>Swing block three-step crossover: directional step, big crossover with hip turn, close step and a maximum jump.<br/><b>HOW TO SET IT UP</b><br/>Two blockers at a time, working from middle to pin.<br/><b>START HERE</b><br/>Walk the three steps without a jump.<br/><b>BUILD TOWARDS</b><br/>Full speed with an arm swing into the jump.<br/><b>&gt; The arms help you up; do not carry them frozen above your head.</b></div> | <div><b>DRILL 3</b><br/><b>Play</b><br/>the skill inside a game</div> <div><b>Hands over the net</b> <a href="#">koachvolleyball.com</a><br/>Hands over the net: seal and press so the block deflects the ball straight down, then recover to base.<br/><b>HOW TO SET IT UP</b><br/>Hitter on a box on the far side, two blockers at a time.<br/><b>START HERE</b><br/>Hands over the net without jumping.<br/><b>BUILD TOWARDS</b><br/>Block a live attack and transition straight off.<br/><b>&gt; Press over, do not reach up; the shoulders lead.</b></div> |
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| <b>Game</b><br>20 min · finish every session playing | <b>Match format with rotating serve</b> <a href="#">koachvolleyball.com</a><br>Four on four with a rotating serve and a full attack-defense cycle.<br><b>RULE FOR TONIGHT</b> 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

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| <b>FOCUS</b><br><b>Blocking off the setter and the hitter</b>                    | <b>WHAT YOU ARE WORKING ON</b><br><b>1</b> Setter first, ball second, hitter third<br><b>2</b> Stop on the setter’s contact<br><b>3</b> Take the line or the cross on purpose |
| <b>HOW YOU KNOW IT WORKED</b> Five blocks or touches per blocker in a live game. |                                                                                                                                                                               |

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

Core5 min · whole group together

**Circle keep-away — reaction game** [koachvolleyball.com](#)5 min

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

**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.

**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 drills18 min each · run them in this order

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| <b>DRILL 1</b><br><b>Technique</b><br>calm, lots of repetitions                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>DRILL 2</b><br><b>Application</b><br>with movement and pressure                                                                                                                                                                                                                                                                                                                                                                                          | <b>DRILL 3</b><br><b>Play</b><br>the skill inside a game                                                                                                                                                                                                                                                                                                                                                        |
| <b>Read block / blind block</b> <a href="#">koachvolleyball.com</a><br>Read block: the set goes over the blocker’s head so timing and position come entirely from the hitter’s approach.<br><b>HOW TO SET IT UP</b><br>One setter, two hitters, blockers rotating.<br><b>START HERE</b><br>The setter announces the position.<br><b>BUILD TOWARDS</b><br>No warning and both hitters approach every ball.<br><div>&gt; Watch the setter’s hands, not the ball leaving them.</div> | <b>Block against hitting lines 4-3-2</b> <a href="#">koachvolleyball.com</a><br>Block against hitting lines 4-3-2: the blocker reads the set, moves to the right pin and sets up the transition.<br><b>HOW TO SET IT UP</b><br>Setter feeding all three positions, one or two blockers working.<br><b>START HERE</b><br>Fixed order 4, 3, 2.<br><b>BUILD TOWARDS</b><br>Random order chosen by the setter.<br><div>&gt; Commit late but commit fully.</div> | <b>Blocking against coach on a box</b> <a href="#">koachvolleyball.com</a><br>Blocking against a coach on a box: read the arm, jump and seal over the net.<br><b>HOW TO SET IT UP</b><br>Coach on the box, blockers in pairs.<br><b>START HERE</b><br>The coach hits at a predictable tempo.<br><b>BUILD TOWARDS</b><br>The coach mixes hits and tips.<br><div>&gt; Jump on the arm, not on the approach.</div> |

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| <b>Game</b><br>20 min · finish every session playing | <b>Block and defense switch</b> <a href="#">koachvolleyball.com</a><br>Block and defense switch: the block jumps, the defenders cover behind it, then a fast switch to attack.<br><div><b>RULE FOR TONIGHT</b> The defense must convert every dug ball into an attack.</div> |
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**COACHING POINTS**

—Setter, ball, hitter — in that order, every rally.

—Stop moving on the setter’s contact; that is your decision point.

—Taking the line or the cross is a choice, and the defense needs to know which.

**EQUIPMENT**

Balls, a box, bibs

# Closing the double block

|                                                                                            |                                                                                                                                                                                    |
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| <b>FOCUS</b><br><b>Blocking as a pair</b>                                                  | <b>WHAT YOU ARE WORKING ON</b><br><b>1</b> The middle closes to the pin, not the other way round<br><b>2</b> No gap and no overlap<br><b>3</b> Both blockers jump on the same beat |
| <b>HOW YOU KNOW IT WORKED</b> Ten closed double blocks with no daylight between the hands. |                                                                                                                                                                                    |

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| <b>18.00</b><br>Warm-up<br>10 min | <b>18.10</b><br>Core<br>5 min | <b>18.15</b><br>Drill 1<br>18 min | <b>18.33</b><br>Drill 2<br>18 min | <b>18.51</b><br>Drill 3<br>18 min | <b>19.09</b><br>Game<br>20 min | <b>19.29</b><br>Finish<br>1 min |
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**Warm-up** 10 min · whole group

**Relay through the cones** [koachvolleyball.com](https://koachvolleyball.com) 5 min

Several short lines slaloming the cones so nobody waits behind more than three players.

**Pepper (classic)** [koachvolleyball.com](https://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

**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

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                        |
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| <b>DRILL 1</b><br><b>Technique</b><br>calm, lots of repetitions                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>DRILL 2</b><br><b>Application</b><br>with movement and pressure                                                                                                                                                                                                                                                                                                                                                                                                      | <b>DRILL 3</b><br><b>Play</b><br>the skill inside a game                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Closing the double block</b> <a href="https://koachvolleyball.com">koachvolleyball.com</a><br>Closing the double block: the pin blocker sets the position and the middle closes airtight and jumps with them.<br><b>HOW TO SET IT UP</b><br>Two blocking pairs, fed from a box on the far side.<br><b>START HERE</b><br>Close without jumping.<br><b>BUILD TOWARDS</b><br>Close against a live outside attack.<br>› The middle goes to the pin; the pin does not drift inside. | <b>Closing the double block at positions 2 and 4</b> <a href="https://koachvolleyball.com">koachvolleyball.com</a><br>Closing the double block at positions 2 and 4, with a third blocker holding the middle.<br><b>HOW TO SET IT UP</b><br>Three blockers, hitters alternating sides.<br><b>START HERE</b><br>One side at a time.<br><b>BUILD TOWARDS</b><br>The side is chosen by the setter, live.<br>› Talk before you move; blocking is a two-person conversation. | <b>Moving the block wall</b> <a href="https://koachvolleyball.com">koachvolleyball.com</a><br>Moving the block wall: three blockers shuffle along the net from outside to middle to outside.<br><b>HOW TO SET IT UP</b><br>Continuous, everybody rotating through.<br><b>START HERE</b><br>Three positions.<br><b>BUILD TOWARDS</b><br>Five positions in one run with no break.<br>› Closed hands, square shoulders, every repetition. |

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| <b>Game</b><br>20 min · finish every session playing | <b>Full rally six on five</b> <a href="https://koachvolleyball.com">koachvolleyball.com</a><br>Full rally six on five with serve receive, attack, block, defense and a double counterattack.<br><b>RULE FOR TONIGHT</b> A block touch on the counterattack is worth two points. |
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**COACHING POINTS**

- The middle closes to the pin — that is the rule that removes the gap.
- Both blockers jump on the same beat, which means one of them waits.
- A closed block with lower hands beats a high block with a gap.

**EQUIPMENT**

Balls, a box, bibs

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

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| <b>18.00</b><br>Warm-up<br>10 min | <b>18.10</b><br>Core<br>5 min | <b>18.15</b><br>Drill 1<br>18 min | <b>18.33</b><br>Drill 2<br>18 min | <b>18.51</b><br>Drill 3<br>18 min | <b>19.09</b><br>Game<br>20 min | <b>19.29</b><br>Finish<br>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.

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 drills18 min each · run them in this order

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| <div><b>DRILL 1</b><br/><b>Technique</b><br/>calm, lots of repetitions</div> <div><b>Defensive posture (base &amp; read)</b><br/><a href="#">koachvolleyball.com</a><br/>Defensive posture: base to read on visual cues, freeze on contact, dig and recover to base.<br/><b>HOW TO SET IT UP</b><br/>Six defenders, the rest watching and swapping every two minutes.<br/><b>START HERE</b><br/>Movement and the stop only, no ball.<br/><b>BUILD TOWARDS</b><br/>Live ball with hits and tips mixed.<br/><b>&gt; Freeze on contact — moving through the hit is why balls go past you.</b></div> | <div><b>DRILL 2</b><br/><b>Application</b><br/>with movement and pressure</div> <div><b>Double decker</b> <a href="#">koachvolleyball.com</a><br/>Double decker: the block closes the cross, the line defender takes the line and zone 6 covers deep.<br/><b>HOW TO SET IT UP</b><br/>Full court, block and back-court defense, coach feeding.<br/><b>START HERE</b><br/>The block stays put and the defense learns the shape.<br/><b>BUILD TOWARDS</b><br/>The block moves and the defense adjusts behind it.<br/><b>&gt; Defend the shot the block leaves open, not the one you fear.</b></div> | <div><b>DRILL 3</b><br/><b>Play</b><br/>the skill inside a game</div> <div><b>Defending behind the block — pipe coverage</b> <a href="#">koachvolleyball.com</a><br/>Defending behind the block with pipe coverage: the back-court players cover the angle behind the block.<br/><b>HOW TO SET IT UP</b><br/>Three blockers, five back-court defenders.<br/><b>START HERE</b><br/>Tips only, so the coverage gets set.<br/><b>BUILD TOWARDS</b><br/>Hits and tips mixed.<br/><b>&gt; Behind the block is a job, and somebody has to own it.</b></div> |
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| <div><b>Game</b><br/>20 min · finish every session playing</div> | <div><b>Neville's pepper (3v3)</b> <a href="#">koachvolleyball.com</a><br/>Neville's pepper three on three, with the coach putting free balls in.<br/><b>RULE FOR TONIGHT</b> The rally only counts once both sides have converted a dig into an attack.</div> |
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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

|                                                                                  |                                                                                                                                                                                                               |
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| <b>FOCUS</b><br>Defending the swing                                              | <b>WHAT YOU ARE WORKING ON</b><br><div><div>1 Platform out in front, not at your hips</div><div>2 Absorb rather than swing at it</div><div>3 Play the dig high enough for the setter to run to it</div></div> |
| <b>HOW YOU KNOW IT WORKED</b> Twenty hard-driven balls dug into the setter zone. |                                                                                                                                                                                                               |

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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

**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 drills 18 min each · run them in this order

**DRILL 1**  
**Technique**  
calm, lots of repetitions

**Coach on the box** [koachvolleyball.com](#)  
Coach on the box hitting hard at zone 6: the defender reads the arm, digs high to the middle and recovers.  
**HOW TO SET IT UP**  
Coach on the box, one defender at a time, a line beside.  
**START HERE**  
Hits at three-quarter pace, straight at the defender.  
**BUILD TOWARDS**  
Full pace and moved either side of the defender.  
› Platform out in front where you can see it.

**DRILL 2**  
**Application**  
with movement and pressure

**Digs: cross, line, pancake** [koachvolleyball.com](#)  
Digs: cross, line and a short ball with a pancake, each dug to the middle.  
**HOW TO SET IT UP**  
Coach on the box, two defenders, a line at the side.  
**START HERE**  
Announced order.  
**BUILD TOWARDS**  
Random order with no warning.  
› Every dig goes to the same place, whichever ball it was.

**DRILL 3**  
**Play**  
the skill inside a game

**Overhead defense** [koachvolleyball.com](#)  
Overhead defense: rebound a hard ball at head height under control with cupped hands above the forehead.  
**HOW TO SET IT UP**  
Coach feeding at head height, players in pairs.  
**START HERE**  
Balls fed at half pace.  
**BUILD TOWARDS**  
Full pace at head and shoulder height.  
› Above the forehead the hands are faster than the platform.

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| <b>Game</b><br>20 min · finish every session playing | <b>Defending against the attack cannons</b> <a href="#">koachvolleyball.com</a><br>Defending against the attack cannons: hitters fire in, defenders dig back to the setter.<br><b>RULE FOR TONIGHT</b> Every dug ball has to be set and attacked or the rep does not count. |
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**COACHING POINTS**  
—Platform out in front where you can see both it and the ball.  
—Absorb a hard ball; swinging at it sends it into the lights.  
—Dig high enough that the setter has time to arrive.

**EQUIPMENT**  
Balls, a box, mats

|                                                                                   |                                                                                                                                                                                              |
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| <b>FOCUS</b><br><b>Coverage and tips</b>                                          | <b>WHAT YOU ARE WORKING ON</b><br><b>1</b> Coverage is low and close under the hitter<br><b>2</b> The block shadow is somebody’s job<br><b>3</b> Move on the hitter’s jump, not on the block |
| <b>HOW YOU KNOW IT WORKED</b> Ten covered blocks played out into a second attack. |                                                                                                                                                                                              |

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**Warm-up** 10 min · whole group

**Around the court with a tap ball** [koachvolleyball.com](#) 5 min  
Jog a loop around the court, tapping the ball on to the next player in the line each time.

**Pepper in fours** [koachvolleyball.com](#) 5 min  
Two pairs working side by side: pass, set and a controlled attack in a continuous rhythm.

**Core** 5 min · whole group together

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

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

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

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| <b>DRILL 1</b><br><b>Technique</b><br>calm, lots of repetitions<br><br><b>Follow your set</b> <a href="#">koachvolleyball.com</a><br>Follow your set: set to the pin and sprint into coverage under the hitter.<br><b>HOW TO SET IT UP</b><br>Feeder, setter, hitter and a line.<br><b>START HERE</b><br>Walk into coverage.<br><b>BUILD TOWARDS</b><br>Coverage in place before the hitter jumps.<br><br>› Low and close — one metre from the hitter, not three. | <b>DRILL 2</b><br><b>Application</b><br>with movement and pressure<br><br><b>Covering tip balls</b> <a href="#">koachvolleyball.com</a><br>Covering tip balls: the block jumps while the back players charge forward for the short ball.<br><b>HOW TO SET IT UP</b><br>Full court with block and defense, the coach choosing swing or tip.<br><b>START HERE</b><br>Tips only, announced.<br><b>BUILD TOWARDS</b><br>Swings and tips mixed.<br><br>› Leave on the contact, not on the jump. | <b>DRILL 3</b><br><b>Play</b><br>the skill inside a game<br><br><b>Tip chase</b> <a href="#">koachvolleyball.com</a><br>Tip chase: the coach fakes a swing and tips short, the defender saves it with a pancake.<br><b>HOW TO SET IT UP</b><br>Coach on the box, two defenders, a line.<br><b>START HERE</b><br>The tip is announced.<br><b>BUILD TOWARDS</b><br>No warning, and the ball still has to cross the net after the save.<br><br>› Stay on your feet until the ball is struck. |
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| <b>Game</b><br>20 min · finish every session playing | <b>The 3 C's</b> <a href="#">koachvolleyball.com</a><br>The 3 C's: communication, coverage and celebration, with a point only counting if all three were visible.<br><br><b>RULE FOR TONIGHT</b> The coach referees the three C's out loud and a missing C voids the point. |
|------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**COACHING POINTS**

- Coverage is low and close; two metres back is not coverage.
- The block shadow needs an owner in every rotation.
- Move on the hitter’s contact, not on the block going up.

**EQUIPMENT**

Balls, a box, 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.

|                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div><div>SET A</div><div>Trunk baseline</div><div>Four exercises, 30 seconds each, one round, then repeat the two you felt least.</div><div><div>1</div>Forearm plank — hips level, glutes engaged</div><div><div>2</div>Side plank left — shoulder stacked over the elbow</div><div><div>3</div>Side plank right — same line from ankle to head</div><div><div>4</div>Glute bridge — feet flat, hips up, hold three counts</div></div> |
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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 79 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.

|                                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------|
| <b>22 all</b><br>8g /volleyball-drills/22-all.html                                                                                 |
| <b>AMRAP target serving</b><br>10.3 /volleyball-drills/amrap-target-serving.html                                                   |
| <b>Approach with catch</b><br>6.2 /volleyball-drills/approach-with-catch.html                                                      |
| <b>Arm swing against the wall</b><br>7.1 /volleyball-drills/arm-swing-against-the-wall.html                                        |
| <b>Around the court — jog-in 12</b><br>1w, 9w /volleyball-drills/around-the-court-jog-in-12.html                                   |
| <b>Around the court with a tap ball</b><br>16w /volleyball-drills/around-the-court-with-a-tap-ball.html                            |
| <b>Around the world</b><br>9.3 /volleyball-drills/around-the-world.html                                                            |
| <b>Around the world 4-3-2</b><br>5.3 /volleyball-drills/around-the-world-4-3-2.html                                                |
| <b>Attacking against a double block</b><br>8.3 /volleyball-drills/attacking-against-a-double-block.html                            |
| <b>Block against hitting lines 4-3-2</b><br>12.2 /volleyball-drills/block-against-hitting-lines-4-3-2.html                         |
| <b>Block and defense switch</b><br>12g /volleyball-drills/block-and-defense-switch.html                                            |
| <b>Block footwork along the net</b><br>11.1 /volleyball-drills/block-footwork-along-the-net.html                                   |
| <b>Blocking against coach on a box</b><br>12.3 /volleyball-drills/blocking-against-coach-on-a-box.html                             |
| <b>Bonus-point game</b><br>5g, 7g /volleyball-drills/bonus-point-game.html                                                         |
| <b>Circle keep-away — reaction game</b><br>5w, 12w /volleyball-drills/circle-keep-away-reaction-game.html                          |
| <b>Closing the double block</b><br>13.1 /volleyball-drills/closing-the-double-block.html                                           |
| <b>Closing the double block at positions 2 and 4</b><br>13.2 /volleyball-drills/closing-the-double-block-at-positions-2-and-4.html |
| <b>Coach on the box</b><br>15.1 /volleyball-drills/coach-on-the-box.html                                                           |
| <b>Covering tip balls</b><br>16.2 /volleyball-drills/covering-tip-balls.html                                                       |
| <b>Defending against the attack cannons</b><br>15g /volleyball-drills/defending-against-the-attack-cannons.html                    |
| <b>Defending behind the block — pipe coverage</b><br>14.3 /volleyball-drills/defending-behind-the-block-pipe-coverage.html         |
| <b>Defensive posture (base &amp; read)</b><br>14.1 /volleyball-drills/defensive-posture-base-read.html                             |

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|---------------------------------------------------------------------------------------------------------|
| <b>Dig-to-self pepper</b><br>1.1 /volleyball-drills/dig-to-self-pepper.html                             |
| <b>Digs: cross, line, pancake</b><br>15.2 /volleyball-drills/digs-cross-line-pancake.html               |
| <b>Double decker</b><br>14.2 /volleyball-drills/double-decker.html                                      |
| <b>Dynamic movement patterns</b><br>6w, 10w /volleyball-drills/dynamic-movement-patterns.html           |
| <b>Five-on-five full rally</b><br>6g /volleyball-drills/five-on-five-full-rally.html                    |
| <b>Float serve at the seams</b><br>10.2 /volleyball-drills/float-serve-at-the-seams.html                |
| <b>Follow your set</b><br>4.3, 16.1 /volleyball-drills/follow-your-set.html                             |
| <b>Footwork along the net</b><br>11w, 12w /volleyball-drills/footwork-along-the-net.html                |
| <b>Four corners sprint</b><br>14w /volleyball-drills/four-corners-sprint.html                           |
| <b>Full rally six on five</b><br>13g /volleyball-drills/full-rally-six-on-five.html                     |
| <b>Hands over the net</b><br>11.3 /volleyball-drills/hands-over-the-net.html                            |
| <b>Hitting in pairs</b><br>6w, 7w /volleyball-drills/hitting-in-pairs.html                              |
| <b>Hitting lines</b><br>7.2 /volleyball-drills/hitting-lines.html                                       |
| <b>Jump float build-up</b><br>10.1 /volleyball-drills/jump-float-build-up.html                          |
| <b>Jump program basics</b><br>6.3 /volleyball-drills/jump-program-basics.html                           |
| <b>Line sprints with ball contact</b><br>3w, 15w /volleyball-drills/line-sprints-with-ball-contact.html |
| <b>Match format with rotating serve</b><br>11g /volleyball-drills/match-format-with-rotating-serve.html |
| <b>Mix it up</b><br>8.1 /volleyball-drills/mix-it-up.html                                               |
| <b>Moving the block wall</b><br>13.3 /volleyball-drills/moving-the-block-wall.html                      |
| <b>Neville's pepper (3v3)</b><br>14g /volleyball-drills/neville-s-pepper-3v3.html                       |
| <b>Overhand passing gauntlet</b><br>4w /volleyball-drills/overhand-passing-gauntlet.html                |
| <b>Overhead defense</b><br>15.3 /volleyball-drills/overhead-defense.html                                |

# Appendix · every drill in this programme (continued)

|                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------|
| <b>Pair warm-up</b><br>1w, 5w /volleyball-drills/pair-warm-up.html                                                |
| <b>Passing triplets</b><br>2.1 /volleyball-drills/passing-triplets.html                                           |
| <b>Pepper (classic)</b><br>3w, 13w, 15w /volleyball-drills/pepper-classic.html                                    |
| <b>Pepper in fours</b><br>8w, 16w /volleyball-drills/pepper-in-fours.html                                         |
| <b>Read block / blind block</b><br>12.1 /volleyball-drills/read-block-blind-block.html                            |
| <b>Relay through the cones</b><br>8w, 13w /volleyball-drills/relay-through-the-cones.html                         |
| <b>Run-throughs</b><br>3.2 /volleyball-drills/run-throughs.html                                                   |
| <b>Serve + free ball wash game</b><br>3g /volleyball-drills/serve-free-ball-wash-game.html                        |
| <b>Serve receive lines with fixed target</b><br>2.2 /volleyball-drills/serve-receive-lines-with-fixed-target.html |
| <b>Serve receive scored 0-3</b><br>2.3 /volleyball-drills/serve-receive-scored-0-3.html                           |
| <b>Servers vs passers</b><br>2g /volleyball-drills/servers-vs-passers.html                                        |
| <b>Serving pressure 4 on 4</b><br>10g /volleyball-drills/serving-pressure-4-on-4.html                             |
| <b>Serving technique against the wall</b><br>9.1 /volleyball-drills/serving-technique-against-the-wall.html       |
| <b>Set combination quick middle</b><br>5.2 /volleyball-drills/set-combination-quick-middle.html                   |
| <b>Setter carousel</b><br>4.2 /volleyball-drills/setter-carousel.html                                             |
| <b>Setter dump decision drill</b><br>5.1 /volleyball-drills/setter-dump-decision-drill.html                       |
| <b>Short-deep serve receive</b><br>3.1 /volleyball-drills/short-deep-serve-receive.html                           |
| <b>Short-serve game</b><br>3.3 /volleyball-drills/short-serve-game.html                                           |

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|---------------------------------------------------------------------------------------------------------------|
| <b>Shoulder activation with band</b><br>2w, 7w, 9w, 10w /volleyball-drills/shoulder-activation-with-band.html |
| <b>Swing block: 3-step crossover</b><br>11.2 /volleyball-drills/swing-block-3-step-crossover.html             |
| <b>T-drill defensive footwork</b><br>14w /volleyball-drills/t-drill-defensive-footwork.html                   |
| <b>Team serving challenge</b><br>9g /volleyball-drills/team-serving-challenge.html                            |
| <b>The 3 C's</b><br>16g /volleyball-drills/the-3-c-s.html                                                     |
| <b>Three-contact rally</b><br>1.3, 4g /volleyball-drills/three-contact-rally.html                             |
| <b>Three-step approach</b><br>6.1 /volleyball-drills/three-step-approach.html                                 |
| <b>Tip chase</b><br>16.3 /volleyball-drills/tip-chase.html                                                    |
| <b>Tips and roll shots only</b><br>8.2 /volleyball-drills/tips-and-roll-shots-only.html                       |
| <b>Triangle pass-set-attack rotation</b><br>4.1 /volleyball-drills/triangle-pass-set-attack-rotation.html     |
| <b>Triangle passing</b><br>1.2 /volleyball-drills/triangle-passing.html                                       |
| <b>Triples tournament 3v3</b><br>1g /volleyball-drills/triples-tournament-3v3.html                            |
| <b>Wave pass through the hoops</b><br>11w /volleyball-drills/wave-pass-through-the-hoops.html                 |
| <b>Wave passing to the coach</b><br>4w /volleyball-drills/wave-passing-to-the-coach.html                      |
| <b>Wave run with a toss</b><br>2w /volleyball-drills/wave-run-with-a-toss.html                                |
| <b>Zone hitting</b><br>7.3 /volleyball-drills/zone-hitting.html                                               |
| <b>Zone serving at targets</b><br>9.2 /volleyball-drills/zone-serving-at-targets.html                         |