

Sixteen weeks of youth volleyball

A complete season of fun and technique

16 sessions

one per week

90 minutes

the same shape every time

One court, one coach

one team, no extra staff

INSIDE

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21 Core sets and the drill index

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

How a session works

Sixteen sessions covering everything a youth team needs in a season: ball control, serving and attacking, defending and blocking, and finally putting it together into a real rally. Each phase of four sessions builds on the one before it.

Who this is for

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

The focus of every session (continued)

#	SESSION AND FOCUS	WHAT YOU WORK ON	HOW YOU KNOW
Off the floor Defensive posture, falling safely and blocking			sessions 9–12
9	Low and ready Defensive posture and reading GAME Neville's pepper (3v3)	- Weight on the balls of your feet, heels light - Freeze at the moment of contact - Play the dig high to the middle	<i>Cross, line and short dug ten times each.</i>
10	Falling without hurting Falling technique GAME Six-on-three — overload complete game	- Through the knees first, then fall - Absorb the fall with hip and thigh - Get straight back up; the rally is still on	<i>Everybody makes a full roll to both sides.</i>
11	Hands over the net Blocking GAME Match format with rotating serve	- Shoulders square to the net while you move - Thumbs up, fingers spread and firm - Jump straight up and land on two feet	<i>Everybody blocks five balls straight down.</i>
12	Block and defense together Block and court defense as one unit GAME King's game over three zones	- Close the double block airtight - There is always somebody behind the block — that is a job - Call out loud who takes what	<i>Five tips in a row covered without the ball dropping.</i>
Playing together Setting, calling, transition and the full game			sessions 13–16
13	The second ball Setting GAME Bingo-Bango-Bongo	- Get both feet under the ball and stop - The same hand action to every position - When in doubt, set it high rather than rush it over	<i>Every player sets at least ten balls, middles included.</i>
14	Call and cover Communication and coverage GAME USA drill	- Call before the contact, with a name or "mine" - The player not taking it calls just as loudly - Cover low and close under the hitter	<i>A rally with no calling goes to the other side.</i>
15	From defense to attack Transition GAME Speedball 6-6	- Drop off to the attack line straight after your dig - The defender is the first attacking option - On a free ball everybody calls and the team moves	<i>Speedball to 15 with no standing still between the points.</i>
16	Playing it all together The complete rally GAME Match with rotation	- Three contacts, every rally, no shortcuts - Everybody plays a position that is not theirs once - Coach on what goes well	<i>Everybody plays against every other group.</i>

Everybody on the ball

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

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

Core5 min · whole group together

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

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

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

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

Plank tag

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

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

The three drills18 min each · run them in this order

DRILL 1
Technique
calm, lots of repetitions

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

DRILL 2
Application
with movement and pressure

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

DRILL 3
Play
the skill inside a game

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

Game
20 min · finish every session playing

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

COACHING POINTS

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

EQUIPMENT

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

FOCUS The forearm pass	WHAT YOU ARE WORKING ON 1 Arms together only when the ball is nearly there 2 Turn your shoulders to the target 3 Play the ball high instead of hard		
HOW YOU KNOW IT WORKED Longest rally of the session gets written down.			

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

Movement pattern with ball [koachvolleyball.com](#) 5 min

Jog, set on the move, back to the start. Two full rounds.

Dynamic movement patterns [koachvolleyball.com](#) 5 min

Lunge with trunk rotation out, carioca and skips back.

Core 5 min · whole group together

Plank tag

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

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

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

DRILL 1 Technique calm, lots of repetitions	DRILL 2 Application with movement and pressure	DRILL 3 Play the skill inside a game
Passing triplets koachvolleyball.com Passing in threes with two balls: a tosser, a passer and a target. The passer gets a lot of reps in very little time. HOW TO SET IT UP Three or four groups of three. Swap roles every 90 seconds so everybody passes the same amount. START HERE One ball instead of two, and the tosser throws instead of hits. BUILD TOWARDS Two balls in a tight rhythm; the passer never stands still. › Ball above your wrists, not at your elbows.	Pass & weave koachvolleyball.com Pass and weave: after every pass, weave low around the cones and come to a stop before the next contact. HOW TO SET IT UP Four cones per lane, two lanes. One fixed tosser at the net. START HERE Around two cones instead of four, and the tosser throws it high. BUILD TOWARDS The tosser hits it in and mixes short and deep. › Stay low through the cones — do not stand up in between.	Three-contact rally koachvolleyball.com A rally where a point only counts if three clean contacts were played: pass, set, attack. HOW TO SET IT UP Four against four over the net, a waiting line at the side that comes in after every rally. START HERE Cooperative: keep it up as long as you can together and count the court record. BUILD TOWARDS Two contacts means the point goes to the other side. › The second ball always goes up, never straight over.

Game 20 min · finish every session playing	Queen of the court koachvolleyball.com Queen of the court: the winning three stay on the winners’ side, the losers join the back of the line. RULE FOR TONIGHT You can only score points on the winners’ side. Three points and the crown changes hands.
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COACHING POINTS

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

EQUIPMENT

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

Hands like a basket

FOCUS
Overhead passing

WHAT YOU ARE WORKING ON

1 Hands above the forehead, thumbs towards your eyes

2 Fingers spread, spring rather than slap

3 Get both feet under the ball

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

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

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

Core 5 min · whole group together

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

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

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

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

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

DRILL 1
Technique
calm, lots of repetitions

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

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

DRILL 2
Application
with movement and pressure

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

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

DRILL 3
Play
the skill inside a game

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

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

Game
20 min · finish every session playing

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

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

COACHING POINTS

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

EQUIPMENT

One ball per two, 12 hoops or cones

Moving to the ball

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

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

Relay with cone slalom koachvolleyball.com 10 min
Relay with a cone slalom, two teams, ball handed to the next runner.

Core 5 min · whole group together

With the ball

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

- Boat with ball — sit with knees bent, pass the ball under your knees
- Bridge with ball — ball squeezed between the knees, hips up
- Plank ball tap — tap the ball in turn without letting your hips swing

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

DRILL 1 Technique calm, lots of repetitions Run-throughs koachvolleyball.com Run-throughs: the ball comes short and well in front of the player. Sprint through it and pass on the move to the target. HOW TO SET IT UP Two lanes, one tosser per lane feeding short from the net. START HERE The ball is thrown high and soft; the player may catch it on the move first. BUILD TOWARDS Short and low, and the pass has to land on the target first time. ➤ Keep moving through the contact — do not brake and then play.	DRILL 2 Application with movement and pressure Left-right shuttle passing koachvolleyball.com Left-right shuttle passing: the tosser plays left and right in turn. Shuffle across, pass to the target, back through the middle. HOW TO SET IT UP One tosser, one target, a waiting line beside it. Swap every eight balls. START HERE Four balls a turn and halve the distance. BUILD TOWARDS Twelve balls a turn, and the tosser may tip short as well. ➤ Back to the middle after every pass — that is half the drill.	DRILL 3 Play the skill inside a game Forearm pass into the hoop koachvolleyball.com Forearm pass into the hoop: the ball has to land inside the hoop on the floor. Instantly measurable and instantly addictive. HOW TO SET IT UP Three hoops at different distances, two lines taking turns. START HERE Big hoop, close in, ball thrown in. BUILD TOWARDS Small hoop at seven metres, fed off a hit ball. ➤ Pick your target before you play, not while you play.
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Game 20 min · finish every session playing	King's game rotation koachvolleyball.com King's game: the winning team stays on, the losers rotate through. RULE FOR TONIGHT Every team makes up a name and a shout before the first rally.
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COACHING POINTS

- The first step is the important one, and it goes the moment the ball leaves their hand.
- Small steps when the ball is close, big steps when it is far away.
- Come to a stop before contact, however short that moment is.

EQUIPMENT

One ball per two, nine hoops, cones, bibs

A serve you can repeat

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

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

Core5 min · whole group together

Wave run with a tosskoachvolleyball.com5 min

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

Shoulder activation with bandkoachvolleyball.com5 min

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

High five

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

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

The three drills18 min each · run them in this order

DRILL 1
Technique
calm, lots of repetitions

Serving technique against the wall
koachvolleyball.com

Serving against the wall above a line at net height. Isolates the toss and the arm swing without the ball having to travel.

HOW TO SET IT UP

Everybody at the wall at once, tape at net height. Step back a metre after five hits.

START HERE

Underhand from four metres; the toss is a low, calm offer to your own body.

BUILD TOWARDS

Overhand float from nine metres, with a fixed routine of three steps before the toss.

› Toss to exactly the same spot every time — the toss is the drill.

DRILL 2
Application
with movement and pressure

Zone serving at targets
koachvolleyball.com

Zone serving: six zones marked with mats and cones. Serve on purpose and count the hits.

HOW TO SET IT UP

Serving from one side, catchers on the other rolling the balls back.

START HERE

Two big target zones (deep left, deep right) instead of six.

BUILD TOWARDS

Call the zone before the serve; only called hits count.

› Look where you want it before you toss.

DRILL 3
Play
the skill inside a game

Dead fish
koachvolleyball.com

Dead fish: both sides serve at the same time. Miss and you are a fish, waiting for a teammate to free you.

HOW TO SET IT UP

Two groups facing each other, balls on both sides. Runs itself and makes a lot of noise.

START HERE

You may free a fish with a caught ball instead of a served one.

BUILD TOWARDS

You can only free a fish with a serve they can catch without moving a foot.

› Under pressure, go back to your routine — not harder, just surer.

Game
20 min · finish every session playing

Serve + free ball wash game
koachvolleyball.com

Wash game: the serve is a small point, then the coach tosses a free ball to whoever lost it. Two small points in a row is a big point.

RULE FOR TONIGHT An ace is a big point straight away; a service error costs you one.

COACHING POINTS

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

EQUIPMENT

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

FOCUS
Serving with a target and under pressure

WHAT YOU ARE WORKING ON

1 Pick a zone and say it out loud

2 Toss calmer instead of hitting harder

3 Passers: stand still on the server’s contact

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

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

Cat and mouse with cones [koachvolleyball.com](#) 10 min
Tag: safe at a cone, but for three counts at most. Two taggers.

Core 5 min · whole group together

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

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

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

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

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

DRILL 1
Technique
calm, lots of repetitions

Around the world [koachvolleyball.com](#)
Around the world: serve the six zones in a fixed order. A hit moves you on, a miss means you serve that zone again.
HOW TO SET IT UP
Two lines of servers, two ball shaggers on the far side who swap in each round.
START HERE
Three zones instead of six, and a miss does not send you back.
BUILD TOWARDS
Two full rounds without a miss, the second one with a jump float.

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

DRILL 2
Application
with movement and pressure

Serve receive in W formation [koachvolleyball.com](#)
Serve receive in a W: three servers hit it in, five passers cover the court and play to the setter.
HOW TO SET IT UP
Fixed roles, rotate every two minutes so everybody serves and passes.
START HERE
Serve from the three-metre line so serve receive stays possible.
BUILD TOWARDS
Serve at the seam between two passers; calling is compulsory.

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

DRILL 3
Play
the skill inside a game

Battleship serving [koachvolleyball.com](#)
Battleship: the hoops on the far side are ships. Serve them to the bottom; first to sink them all wins.
HOW TO SET IT UP
Two teams per court with five hoops each on the far side.
START HERE
Big hoops or mats, and a ball that rolls into one counts too.
BUILD TOWARDS
Small hoops, direct hits only.

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

Game
20 min · finish every session playing

Serve duel six on five [koachvolleyball.com](#)
Serve duel: every rally starts with a deliberately tough serve and the receiving team tries to side out.

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

COACHING POINTS

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

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

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

EQUIPMENT

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

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

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

Hitting in pairs [koachvolleyball.com](#) 6 min
Hitting in pairs off the floor — this is already the arm swing build-up.

Dynamic movement patterns [koachvolleyball.com](#) 4 min
Lunge with trunk rotation on the way out, carioca and skips back. Hips and ankles loose before the jumping starts.

Core 5 min · whole group together

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

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

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

DRILL 1 Technique calm, lots of repetitions	DRILL 2 Application with movement and pressure	DRILL 3 Play the skill inside a game
Three-step approach koachvolleyball.com The three-step approach with no ball: left-right-left for a right-hander, with a plant step and a vertical takeoff. HOW TO SET IT UP Everybody on the attack line at once, in waves of four. The coach counts the rhythm out loud. START HERE Two steps (right-left) and no jump at first, just the rhythm. BUILD TOWARDS Full approach with the arms swinging back on the plant step, landing on two feet. > The last two steps are the biggest and the fastest.	Approach with catch koachvolleyball.com Approach with a catch: the setter sets high outside, the hitter approaches and catches the ball at the highest point. HOW TO SET IT UP One setter (or the coach), a line at position 4, two balls going round. START HERE The ball is thrown up high instead of set. BUILD TOWARDS Catch with two hands above the head and the hitting arm extended, then down. > Jump up, not forward — the net is still there when you land.	Arm swing against the wall koachvolleyball.com Wall spikes: toss the ball, elbow high, wrist over the ball, off the floor into the wall and catch it again. HOW TO SET IT UP Everybody at the wall with their own ball. Count out loud in sets of ten. START HERE No jump, just the arm swing from standing. BUILD TOWARDS Ten in a row where the ball comes back to the same square metre. > Elbow high and back first — the hand comes last.

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

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

EQUIPMENT

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

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

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

Core5 min · whole group together

Relay with ball skillskoachvolleyball.com10 min

Two teams, a course keeping the ball up around a cone, hand off to the next runner and go again.

Statues

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

1. Plank hold — the coach counts down from ten, everybody holds

2. Boat — sit with your legs off the floor and arms forward, ten counts still

3. Superman clap — arms and legs up, clap your hands in the air

The three drills18 min each · run them in this order

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

—Elbow high, hand above the ball, wrist over the top of it.

—Pick your direction during the approach, not in the air.

—Hitting hard is one option out of three — tip and roll shot belong in the toolkit.

EQUIPMENT

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

FOCUS Defensive posture and reading	WHAT YOU ARE WORKING ON 1 Weight on the balls of your feet, heels light 2 Freeze at the moment of contact 3 Play the dig high to the middle
HOW YOU KNOW IT WORKED Cross, line and short dug ten times each.	

18.00 Warm-up 10 min	18.10 Core 5 min	18.15 Drill 1 18 min	18.33 Drill 2 18 min	18.51 Drill 3 18 min	19.09 Game 20 min	19.29 Finish 1 min
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Warm-up 10 min · whole group Four corners sprint koachvolleyball.com 5 min Sprint corner to corner, touch the hoop each time. T-drill defensive footwork koachvolleyball.com 5 min T-drill: forward, shuffle left and right, backward. Stay low.	Core 5 min · whole group together Plank tag Three exercises, 30 seconds each, two rounds. Four minutes and done. 1. Plank tag — side by side in a plank, take turns tapping your neighbour’s hand 2. Bridge — on your back, feet flat, hips up and hold for three counts 3. Swim on your front — arms and legs off the floor, keep swimming easy
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The three drills 18 min each · run them in this order

DRILL 1 Technique calm, lots of repetitions Defensive posture (base & read) koachvolleyball.com From base to read: move on a cue, freeze on contact, make the dig and recover to base. HOW TO SET IT UP Six defenders on court, the rest watching and swapping every two minutes. The coach gives the cue. START HERE Just the movement and the stop, no ball yet. BUILD TOWARDS With a ball, and the coach mixes swings and tips. › Stop the moment the hitter strikes — move after that, not before.	DRILL 2 Application with movement and pressure Digs: cross, line, pancake koachvolleyball.com Three key situations in a row: hard cross, line ball and a short ball with a pancake, each dug to the middle. HOW TO SET IT UP Coach on a box or bench, two defenders at a time, a line beside them. START HERE The coach throws hard instead of hitting; the pancake can be skipped. BUILD TOWARDS The three situations in a random order, with no warning. › Play the dig high to the middle of the court, not forward to the net.	DRILL 3 Play the skill inside a game Hoop defense diving koachvolleyball.com Hoop defense: dive to the hoop, control the ball low and recover your base position. HOW TO SET IT UP Four hoops as fixed end points, two lines taking turns. START HERE Intercept the ball low with two hands, no dive yet. BUILD TOWARDS Dive and get straight back up for a second ball. › Get low first, then go to the ball — never the other way round.
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Game 20 min · finish every session playing Neville's pepper (3v3) koachvolleyball.com Neville's pepper 3v3: the coach puts in a free ball, the working team passes, sets and attacks, the other side defends and builds. RULE FOR TONIGHT The rally only counts once both sides have turned a dug ball into an attack.

COACHING POINTS

- Weight on the balls of your feet, heels off the floor.
- Hands low and in front of your body; from there every ball is reachable.
- A dig does not have to be pretty, it has to be high.

EQUIPMENT

All the balls, twelve hoops, a box or sturdy bench, mats

Falling without hurting

FOCUS Falling technique	WHAT YOU ARE WORKING ON 1 Through the knees first, then fall 2 Absorb the fall with hip and thigh 3 Get straight back up; the rally is still on
HOW YOU KNOW IT WORKED Everybody makes a full roll to both sides.	

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

Core5 min · whole group together

Line sprints with ball contact [koachvolleyball.com](#)10 min

Everybody at once on the lines: sprint, turn, and a pass after every turn.
Builds down to low and fast.

With the ball

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

- Boat with ball — sit with knees bent, pass the ball under your knees
- Bridge with ball — ball squeezed between the knees, hips up
- Plank ball tap — tap the ball in turn without letting your hips swing

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

DRILL 1 Technique calm, lots of repetitions	DRILL 2 Application with movement and pressure	DRILL 3 Play the skill inside a game
Roll and sprawl technique koachvolleyball.com A lunge with a roll-out and a forward sprawl on short balls. Every save is played out to the middle. HOW TO SET IT UP Mats side by side, two players at a time, the coach feeding. START HERE Just the lunge with one hand to the floor, no roll yet. BUILD TOWARDS Full roll and straight back up for the next ball. > Bend your knees first; whoever jumps at the ball lands hard.	Dive-and-roll mat circuit koachvolleyball.com Dive and roll circuit: dive over the mat to the ball and roll on to the next station. HOW TO SET IT UP Three stations in a triangle; the group keeps rotating. START HERE Two stations and a slower tempo. BUILD TOWARDS Four stations and a ball to play straight after each one. > Look at the ball, not at the floor.	Tip chase koachvolleyball.com Tip chase: the coach fakes a swing and tips it short. The defender sprints, saves it with a pancake and a second player makes it playable. HOW TO SET IT UP Coach on the box, two defenders, a waiting line. Fast tempo, plenty of laughing. START HERE The tip is announced and lands in a fixed spot. BUILD TOWARDS No warning, and after the save the ball still has to cross the net. > Stay on your feet until they hit it — leaving early is the real problem.

Game 20 min · finish every session playing	Six-on-three — overload complete game koachvolleyball.com Six against three: the overload game. Six attackers look for the gaps, three defenders have to dig everything. RULE FOR TONIGHT Defenders get two points for every ball they save. Swap roles after two minutes.
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COACHING POINTS —Falling is a consequence of standing low, not a goal in itself. —Absorb the fall with your hip and thigh and roll on — do not stop on your hands. —Get straight back up; the rally is not over.	EQUIPMENT All the mats (at least two), balls, a box or bench
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Hands over the net

FOCUS Blocking	WHAT YOU ARE WORKING ON 1 Shoulders square to the net while you move 2 Thumbs up, fingers spread and firm 3 Jump straight up and land on two feet		
HOW YOU KNOW IT WORKED Everybody blocks five balls straight down.			

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

Relay through the cones [coachvolleyball.com](#) 5 min

Several lines so nobody is waiting behind more than three others.

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

Hoops down the court; everybody passes down the row at once and moves up.

Core 5 min · whole group together

High five

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

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

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

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

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

DRILL 1 Technique calm, lots of repetitions	DRILL 2 Application with movement and pressure	DRILL 3 Play the skill inside a game
Block footwork along the net coachvolleyball.com Block footwork: shuffle over short distances, crossover over long ones, ending in a block jump every time. HOW TO SET IT UP Four players at the net at a time, the rest on the end line counting along. START HERE Shuffle only, and jump from a standstill. BUILD TOWARDS Crossover with a hip turn and a close step, and land straight into the next move. > Shoulders stay square to the net, even during the crossover.	Hands over the net coachvolleyball.com Hands over the net: seal and press so the block deflects the ball straight down, then recover to base. HOW TO SET IT UP Coach or hitter on a box on the far side, two blockers at a time. START HERE Hands above the net without jumping, from a raised surface on your own side. BUILD TOWARDS Block a real attack and transition straight off the net. > Thumbs up, fingers spread and firm — no soft hands.	Bench jump and block drill coachvolleyball.com Bench jump: jump over the bench, land at the net and block the ball on offer straight away. HOW TO SET IT UP Two benches, a line beside them, the coach offering the ball above the net. START HERE Over a low cone instead of the bench. BUILD TOWARDS Two benches in a row before the block. > Jump straight up; whoever jumps forward touches the net.

Game 20 min · finish every session playing	Match format with rotating serve coachvolleyball.com Four on four with a rotating serve: every rally starts with a new server, then a full attack-defense cycle. RULE FOR TONIGHT A point that starts with a block touch counts double — even a block that only slows the ball down.
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COACHING POINTS

- Look at the setter first, then at the hitter.
- Hands over the net rather than beside it; your arms go to the other side.
- Land on two feet and turn open to the court straight away.

EQUIPMENT

Balls, six benches, cones, a box

Block and defense together

FOCUS Block and court defense as one unit	WHAT YOU ARE WORKING ON 1 Close the double block airtight 2 There is always somebody behind the block — that is a job 3 Call out loud who takes what
HOW YOU KNOW IT WORKED Five tips in a row covered without the ball dropping.	

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

Core5 min · whole group together

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

One big loop around the court; the pace picks up gradually.

Pepper (classic) [koachvolleyball.com](#)6 min

Everybody at once in pairs across the hall.

Statues

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

1. Plank hold — the coach counts down from ten, everybody holds

2. Boat — sit with your legs off the floor and arms forward, ten counts still

3. Superman clap — arms and legs up, clap your hands in the air

The three drills18 min each · run them in this order

DRILL 1
Technique
calm, lots of repetitions

Closing the double block [koachvolleyball.com](#)
Closing the double block: the pin blocker stands, the middle blocker closes in airtight without a gap and jumps with them.
HOW TO SET IT UP
Two blocking pairs, fed from a box on the far side.
START HERE
Close without jumping and just get the hands above the net.
BUILD TOWARDS
Close against a real outside attack and keep the gap shut.

> The middle goes to the outside blocker, not the other way round.

DRILL 2
Application
with movement and pressure

Covering tip balls [koachvolleyball.com](#)
Covering tip balls: the block jumps on the attack while the back players charge forward for the short ball.
HOW TO SET IT UP
Full court with block and defense, the coach deciding swing or tip.
START HERE
Tips only, announced, so the coverage gets drilled.
BUILD TOWARDS
Swings and tips mixed; the defense has to read it.

> Back players: leave only once the ball has been struck.

DRILL 3
Play
the skill inside a game

Block wall along the net (11) [koachvolleyball.com](#)
Blockers move along the net from position to position and close together each time against the hitters on the other side.

Smaller group: Block wall along the net (8)

HOW TO SET IT UP
Four blockers working, a line at the side, hitters taking turns on the far side.
START HERE
Three positions instead of five and a slower tempo.
BUILD TOWARDS
All the positions in one run with no break, and count them.

> Call the move out loud; blocking is teamwork.

Game
20 min · finish every session playing

King's game over three zones [koachvolleyball.com](#)
King's game over three zones: winners move up, losers rotate out, with a sub waiting each rally.

RULE FOR TONIGHT A rally that ends in a block or a covered tip counts double.

COACHING POINTS
—Block and defense choose together: the block shuts one side, the defense covers the other.
—There is always somebody needed behind the block — that is a job, not an accident.
—Calling what you take matters more than getting there.

EQUIPMENT
Balls, a box, bibs, cones

The second ball

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

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

Wave passing to the coach koachvolleyball.com 10 min
Move forward in a wave, pass the coach’s ball back, rejoin at the back.

Core 5 min · whole group together

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

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

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

DRILL 1 Technique calm, lots of repetitions	DRILL 2 Application with movement and pressure	DRILL 3 Play the skill inside a game
Triangle pass-set-attack rotation koachvolleyball.com Triangle pass-set-attack: the passer plays to the setter, the setter to the hitter, and after the ball everyone moves on a position. HOW TO SET IT UP Three triangles, one ball each. Everybody does every role. START HERE The attack may be a controlled throw. BUILD TOWARDS The set has to land at the same height and the same spot every time. › You set with both feet under the ball and the right foot slightly forward.	Setter carousel koachvolleyball.com Setter carousel: setters take turns handling a set while hitters and ball shaggers keep rotating. HOW TO SET IT UP Continuous tempo, balls fed from the side. Swap the setters every two minutes. START HERE Set from a fixed position off thrown balls. BUILD TOWARDS Set after moving from the end line to position 2 or 3. › Stand still before you set — a setter on the move sets crooked.	Square drill koachvolleyball.com Square drill: four small groups on the corners, the ball goes round in a fixed order and you move on after your contact. HOW TO SET IT UP Groups of three on each corner. Two balls once it runs well. START HERE One ball, and catching allowed if it gets away. BUILD TOWARDS Two balls going opposite ways, overhead only. › Know where your ball is going before it reaches you.

Game 20 min · finish every session playing	Bingo-Bango-Bongo koachvolleyball.com Bingo-Bango-Bongo: win three rallies in a row and you earn the right to serve for a real point. RULE FOR TONIGHT A rally where a non-setter set the second ball overhead is worth two.
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COACHING POINTS

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

EQUIPMENT

One ball per two, cones, hoops as corner markers

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

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

Core5 min · whole group together

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

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

With the ball

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

1.

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

2.

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

3.

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

The three drills18 min each · run them in this order

DRILL 1

Technique

calm, lots of repetitions

"Mine!" — call for the ball

koachvolleyball.com

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

HOW TO SET IT UP

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

START HERE

Announced tosses and one step between the players.

BUILD TOWARDS

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

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

DRILL 2

Application

with movement and pressure

The 3 C's

koachvolleyball.com

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

HOW TO SET IT UP

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

START HERE

Two C's: calling and celebrating.

BUILD TOWARDS

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

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

DRILL 3

Play

the skill inside a game

Chaos ball

koachvolleyball.com

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

HOW TO SET IT UP

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

START HERE

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

BUILD TOWARDS

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

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

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

EQUIPMENT

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

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

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

Balls, bibs, a whistle

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

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

Figure-eight warm-up [koachvolleyball.com](#) 4 min
Easy jog-in drill in two loops, switch sides halfway.

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

Core 5 min · whole group together

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

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

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

DRILL 1
Technique
calm, lots of repetitions

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

DRILL 2
Application
with movement and pressure

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

DRILL 3
Play
the skill inside a game

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

Game 20 min · finish every session playing	Speedball 6-6 koachvolleyball.com Speedball six on six: no serve, the coach feeds balls in continuously so there is hardly any dead time. RULE FOR TONIGHT The coach puts a new ball in within two seconds of every point. Play to 15.
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COACHING POINTS

- Digging and then standing still is the most common mistake — drop off straight away.
- The hitter who just dug is the first option for the counterattack.
- On a free ball the second ball is always the setter’s, even from the back row.

EQUIPMENT

All the balls (at least ten), a box, bibs

Playing it all together

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

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

Core5 min · whole group together

Relay with cones koachvolleyball.com 10 min

Relay with cones, in the teams you will play the tournament with.

Statues

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

1. Plank hold — the coach counts down from ten, everybody holds

2. Boat — sit with your legs off the floor and arms forward, ten counts still

3. Superman clap — arms and legs up, clap your hands in the air

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

DRILL 1
Technique
calm, lots of repetitions

Team serving challenge koachvolleyball.com
Team serving challenge: the whole team has to hit a streak (say ten in a row). One miss and it starts over.
HOW TO SET IT UP
Each team on one side, everybody serves in turn.
START HERE
Six in a row instead of ten.
BUILD TOWARDS
Fifteen in a row, and the last three have to land in a called zone.

> Back to the routine — this is exactly what we built it for.

DRILL 2
Application
with movement and pressure

Amoeba serving koachvolleyball.com
Amoeba serving: serve and sit where your ball lands. Teammates free you by hitting you with a serve.
HOW TO SET IT UP
Two groups facing each other. Runs itself and gets a lot of laughs.
START HERE
Freeing with a caught ball is allowed.
BUILD TOWARDS
Only a direct hit frees a teammate.

> Stay calm — aiming is still aiming.

DRILL 3
Play
the skill inside a game

Ball around the course koachvolleyball.com
Ball around the course: the whole group keeps the ball moving over mats and cones without letting it drop.
HOW TO SET IT UP
One course, everybody in. Count the record.
START HERE
Catching and playing on is allowed on the hard ones.
BUILD TOWARDS
Overhead only, and nobody plays two balls in a row.

> Look ahead to the next player, not at your own ball.

Game
20 min · finish every session playing

Match with rotation koachvolleyball.com
A full six on six where the team rotates after every rally.

RULE FOR TONIGHT Short matches, everybody against everybody. Finish with the whole group in one circle.

- COACHING POINTS**

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

All the balls, mats, cones, bibs

Appendix · the core sets

Five minutes on the clock, four minutes of work, the whole group together in the middle of the court with the coach joining in. **Three exercises of 30 seconds, two rounds.** That is all of it, and deliberately so: no weights, no crunches, nothing that needs explaining. Everybody can join in straight away, including whoever is doing it for the first time.

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

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

Appendix · every drill in this programme

The 88 drills used here, in alphabetical order. After each name is the session it appears in (**w** = warm-up, **.1 .2 .3** = drill 1, 2 or 3, **g** = game) and the link to its page with the animation.

"Mine!" — call for the ball 14.1 /volleyball-drills/mine-call-for-the-ball.html
Amoeba serving 16.2 /volleyball-drills/amoeba-serving.html
Approach with catch 7.2 /volleyball-drills/approach-with-catch.html
Arm swing against the wall 7.3 /volleyball-drills/arm-swing-against-the-wall.html
Around the court — jog-in 12 12w /volleyball-drills/around-the-court-jog-in-12.html
Around the court with a tap ball 14w /volleyball-drills/around-the-court-with-a-tap-ball.html
Around the world 6.1 /volleyball-drills/around-the-world.html
Ball around the course 16.3 /volleyball-drills/ball-around-the-course.html
Battleship serving 6.3 /volleyball-drills/battleship-serving.html
Bench jump and block drill 11.3 /volleyball-drills/bench-jump-and-block-drill.html
Bingo-Bango-Bongo 13g /volleyball-drills/bingo-bango-bongo.html
Block footwork along the net 11.1 /volleyball-drills/block-footwork-along-the-net.html
Block wall along the net (11) 12.3 /volleyball-drills/block-wall-along-the-net-11.html
Block wall along the net (8) 12.3 /volleyball-drills/block-wall-along-the-net-8.html
Bonus-point game 8g /volleyball-drills/bonus-point-game.html
Cat and mouse with cones 6w /volleyball-drills/cat-and-mouse-with-cones.html
Chaos ball 14.3 /volleyball-drills/chaos-ball.html
Circle keep-away — reaction game 3w /volleyball-drills/circle-keep-away-reaction-game.html
Closing the double block 12.1 /volleyball-drills/closing-the-double-block.html
Covering tip balls 12.2 /volleyball-drills/covering-tip-balls.html
Dead fish 5.3 /volleyball-drills/dead-fish.html
Defense - transition 15.1 /volleyball-drills/defense-transition.html

Defensive posture (base & read) 9.1 /volleyball-drills/defensive-posture-base-read.html
Digs: cross, line, pancake 9.2 /volleyball-drills/digs-cross-line-pancake.html
Dive-and-roll mat circuit 10.2 /volleyball-drills/dive-and-roll-mat-circuit.html
Dynamic movement patterns 2w, 7w /volleyball-drills/dynamic-movement-patterns.html
Figure-eight warm-up 15w /volleyball-drills/figure-eight-warm-up.html
Five-on-five full rally 7g /volleyball-drills/five-on-five-full-rally.html
Forearm pass into the hoop 4.3 /volleyball-drills/forearm-pass-into-the-hoop.html
Forearm passing gauntlet (12) 1.2 /volleyball-drills/forearm-passing-gauntlet-12.html
Four corners sprint 9w /volleyball-drills/four-corners-sprint.html
Four-corner passing loop 3.3 /volleyball-drills/four-corner-passing-loop.html
Four-on-four complete 3g /volleyball-drills/four-on-four-complete.html
Free ball! transition on call 15.2 /volleyball-drills/free-ball-transition-on-call.html
Hands over the net 11.2 /volleyball-drills/hands-over-the-net.html
Hitting in pairs 7w /volleyball-drills/hitting-in-pairs.html
Hitting lines 8.1 /volleyball-drills/hitting-lines.html
Hoop defense diving 9.3 /volleyball-drills/hoop-defense-diving.html
King's game over three zones 12g /volleyball-drills/king-s-game-over-three-zones.html
King's game rotation 4g /volleyball-drills/king-s-game-rotation.html
Left-right shuttle passing 4.2 /volleyball-drills/left-right-shuttle-passing.html
Line sprints with ball contact 10w /volleyball-drills/line-sprints-with-ball-contact.html
Line tag 1w /volleyball-drills/line-tag.html
Match format with rotating serve 11g /volleyball-drills/match-format-with-rotating-serve.html

Appendix · every drill in this programme (continued)

Match with rotation 16g /volleyball-drills/match-with-rotation.html
Movement pattern with ball 2w /volleyball-drills/movement-pattern-with-ball.html
Neville's pepper (3v3) 9g /volleyball-drills/neville-s-pepper-3v3.html
Overhand passing gauntlet 3.1 /volleyball-drills/overhand-passing-gauntlet.html
Pair warm-up 1.1 /volleyball-drills/pair-warm-up.html
Pass & weave 2.2 /volleyball-drills/pass-weave.html
Passing triplets 2.1 /volleyball-drills/passing-triplets.html
Pepper (classic) 12w /volleyball-drills/pepper-classic.html
Pepper series (build-up) 15w /volleyball-drills/pepper-series-build-up.html
Queen of the court 2g /volleyball-drills/queen-of-the-court.html
Relay through the cones 11w /volleyball-drills/relay-through-the-cones.html
Relay with ball skills 8w /volleyball-drills/relay-with-ball-skills.html
Relay with cone slalom 4w /volleyball-drills/relay-with-cone-slalom.html
Relay with cones 16w /volleyball-drills/relay-with-cones.html
Roll and sprawl technique 10.1 /volleyball-drills/roll-and-sprawl-technique.html
Run-throughs 4.1 /volleyball-drills/run-throughs.html
SafeVolley base round 1w /volleyball-drills/safevolley-base-round.html
Serve + free ball wash game 5g /volleyball-drills/serve-free-ball-wash-game.html
Serve duel six on five 6g /volleyball-drills/serve-duel-six-on-five.html
Serve receive in W formation 6.2 /volleyball-drills/serve-receive-in-w-formation.html
Serving technique against the wall 5.1 /volleyball-drills/serving-technique-against-the-wall.html
Set-and-hit from position 4 8.2 /volleyball-drills/set-and-hit-from-position-4.html

Setter carousel 13.2 /volleyball-drills/setter-carousel.html
Short court 2v2 1.3 /volleyball-drills/short-court-2v2.html
Shoulder activation with band 5w /volleyball-drills/shoulder-activation-with-band.html
Six-on-three — overload complete game 10g /volleyball-drills/six-on-three-overload-complete-game.html
Six-person pepper 15.3 /volleyball-drills/six-person-pepper.html
Speedball 6-6 15g /volleyball-drills/speedball-6-6.html
Square drill 13.3 /volleyball-drills/square-drill.html
T-drill defensive footwork 9w /volleyball-drills/t-drill-defensive-footwork.html
Team serving challenge 16.1 /volleyball-drills/team-serving-challenge.html
The 3 C's 14.2 /volleyball-drills/the-3-c-s.html
Three-contact rally 2.3 /volleyball-drills/three-contact-rally.html
Three-step approach 7.1 /volleyball-drills/three-step-approach.html
Tip chase 10.3 /volleyball-drills/tip-chase.html
Tips and roll shots only 8.3 /volleyball-drills/tips-and-roll-shots-only.html
Triangle pass-set-attack rotation 13.1 /volleyball-drills/triangle-pass-set-attack-rotation.html
Triangle passing 3.2 /volleyball-drills/triangle-passing.html
Triples tournament 3v3 1g /volleyball-drills/triples-tournament-3v3.html
USA drill 14g /volleyball-drills/usa-drill.html
Wave pass through the hoops 11w /volleyball-drills/wave-pass-through-the-hoops.html
Wave passing to the coach 13w /volleyball-drills/wave-passing-to-the-coach.html
Wave run with a toss 5w /volleyball-drills/wave-run-with-a-toss.html
Zone serving at targets 5.2 /volleyball-drills/zone-serving-at-targets.html