

Twenty-four weeks of adult volleyball

A long season that adds systems and offensive structure

24 sessions

one per week

90 minutes

the same shape every time

One court, one coach

one team, no extra staff

INSIDE

2 How a session works

3 The focus of every session

6 The 24 sessions

30 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

Twenty-four sessions for a long season. The first sixteen build technique and defensive systems; the last eight add libero play, transition offense, first tempo, the back-row attack, serve receive rotations and side-out efficiency.

Who this is for

A club team with a long season, or a squad that trains technically once a week all year. It assumes **one team on one court with one coach** and a 90-minute slot. No assistant coaches, no second hall, nothing you have to organise in advance beyond putting the balls out.

The clock

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

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

Start here, build towards

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

Group size

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

The links

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

The focus of every session

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

#	SESSION AND FOCUS	WHAT YOU WORK ON	HOW YOU KNOW
The first contact Ball control, serve receive mechanics and setting			sessions 1-4
1	Ball control baseline Clean contacts as the foundation for everything else GAME Triples tournament 3v3	● Platform angle set before the ball arrives ● Stop moving at the moment of contact ● Every ball played to a target, not just up	<i>Fifty consecutive controlled contacts per pair.</i>
2	Platform and angle Serve receive mechanics GAME Servers vs passers	● Angle the platform with the shoulders, not the arms ● Absorb rather than swing ● Same contact point on every ball	<i>Team serve receive average of 2.0 out of 3.</i>
3	Short and deep Reading the serve GAME Serve + free ball wash game	● Read the toss, not the arm ● Move forward through short balls ● Call the seam before the ball crosses	<i>Eight out of ten short balls passed to the target.</i>
4	Setting mechanics A repeatable set GAME Three-contact rally	● Both feet under the ball, right foot slightly forward ● The same hand action to every position ● Square to the left antenna as a default	<i>Twenty sets in a row inside a one-metre target zone.</i>
Attacking Setter decisions, the approach, the arm swing and shot selection			sessions 5-8
5	The setter decides Setter decision making GAME Bonus-point game	● Read the block before the ball arrives ● Set the hitter who is available, not the favourite ● The dump is an option, not a stunt	<i>Every setter uses all three options within one game.</i>
6	The approach Approach efficiency and takeoff GAME Five-on-five full rally	● The last two steps are the biggest and fastest ● Arms back on the plant, then hard up ● Convert horizontal speed into height, not distance	<i>Reach measured; everybody has a number to beat.</i>
7	Arm swing and contact Hitting mechanics GAME Bonus-point game	● High elbow, hand on top of the ball ● Contact at full extension ● Wrist snap finishes the ball down	<i>Ten hits in a row landing inside the court from position 4.</i>
8	Shot selection Choosing the right attack GAME 22 all	● See the block and the floor before you jump ● Tip and roll shot as real weapons ● Use the block rather than avoid it	<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
Serving and blocking Float serving, the jump float and block footwork			sessions 9–12
9	Float and target Serving accuracy GAME Team serving challenge	• Same toss every serve • Flat hand, stopped swing • Serve a zone you called out loud	<i>Seventy per cent of serves in, with half in the called zone.</i>
10	Jump float Developing an aggressive serve GAME Serving pressure 4 on 4	• Toss in front, not above • Contact at the top of the jump • Land forward inside the court	<i>Everybody serves ten jump floats with seven in.</i>
11	Block footwork Moving along the net GAME Match format with rotating serve	• Shoulders square through the whole move • Shuffle short, swing long • Penetrate rather than reach	<i>Everybody covers all five net positions without losing shape.</i>
12	Read blocking Blocking off the setter and the hitter GAME Block and defense switch	• Setter first, ball second, hitter third • Stop on the setter's contact • Take the line or the cross on purpose	<i>Five blocks or touches per blocker in a live game.</i>
Defending The double block, defensive systems, digging and coverage			sessions 13–16
13	Closing the double block Blocking as a pair GAME Full rally six on five	• The middle closes to the pin, not the other way round • No gap and no overlap • Both blockers jump on the same beat	<i>Ten closed double blocks with no daylight between the hands.</i>
14	Base and read Defensive systems GAME Neville's pepper (3v3)	• Know your base and your read position • Freeze on the hitter's contact • Dig high into the middle of the court	<i>The team holds its shape for a full rotation with no gaps.</i>
15	Digging hard-driven balls Defending the swing GAME Defending against the attack cannons	• Platform out in front, not at your hips • Absorb rather than swing at it • Play the dig high enough for the setter to run to it	<i>Twenty hard-driven balls dug into the setter zone.</i>
16	Covering the hitter Coverage and tips GAME The 3 C's	• Coverage is low and close under the hitter • The block shadow is somebody's job • Move on the hitter's jump, not on the block	<i>Ten covered blocks played out into a second attack.</i>

The focus of every session (continued)

#	SESSION AND FOCUS	WHAT YOU WORK ON	HOW YOU KNOW
Systems and transition Libero play, transition offense, out-of-system and first tempo			sessions 17-20
17	The libero and the back court Defensive organization GAME Complete rally 3v3 with libero coverage	• The libero takes what they call • Passers give way as an action • Zones are agreed before the serve	<i>No ball drops between two players for a whole game.</i>
18	Transition offense Turning defense into attack GAME Speedball 6-6	• Off the net and back to the attack line immediately • The setter finds the ball wherever it goes • The first counterattack option is the player who just dug	<i>Eight out of ten digs converted into an attack.</i>
19	Out of system Scoring off a bad first ball GAME Attack-counter king's game	• High and off the net is the correct set, not a failure • The hitter adjusts the approach, not the set • One hitter is always available	<i>Half of all out-of-system balls finished with an attack.</i>
20	First tempo The middle attack GAME Six-on-six complete rally	• The middle leaves before the setter touches it • A flat fast set, not a high one • The middle attacks even when the ball goes elsewhere	<i>Ten first-tempo attacks finished in the court.</i>
Running the offense Back-row attack, serve receive rotations and side-out efficiency			sessions 21-24
21	The back-row attack Attacking from behind the line GAME Five-on-five full rally	• Take off from behind the line, land in front of it • The set is lower and further off the net • The pipe is a rhythm, not a rescue	<i>Everybody finishes five back-row attacks in the court.</i>
22	Serve receive rotations Passing patterns through all six GAME Side-out per rotation	• Every rotation has a written pattern • Overlap rules checked before the serve • The switch happens after contact	<i>All six rotations played without a positional fault.</i>
23	Side-out efficiency Winning the first ball GAME Side-out per rotation	• A good pass is worth more than a good hit • Every rotation gets its first option • Side out on the first attempt	<i>Sixty per cent side-out over a full rotation.</i>
24	Free ball and down ball Converting the easy ball GAME Serve + free ball wash game	• Call it before it crosses • Everybody moves, not only the passer • Score off the easy ball every time	<i>Ten free balls in a row converted into a kill.</i>

Ball control baseline

FOCUS
Clean contacts as the foundation for everything else

WHAT YOU ARE WORKING ON

1 Platform angle set before the ball arrives

2 Stop moving at the moment of contact

3 Every ball played to a target, not just up

HOW YOU KNOW IT WORKED Fifty consecutive controlled contacts per pair.

18.00 Warm-up 10 min	18.10 Core 5 min	18.15 Drill 1 18 min	18.33 Drill 2 18 min	18.51 Drill 3 18 min	19.09 Game 20 min	19.29 Finish 1 min
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Warm-up 10 min · whole group
Around the court — jog-in 12 [koachvolleyball.com](#) 4 min
Whole squad in one big loop around the court. Start at a walk, finish just below running pace.
Pair warm-up [koachvolleyball.com](#) 6 min
Pairs spread over the whole hall, set over and forearm back. Nobody may take a step to reach it.

Core 5 min · whole group together
Trunk baseline
Four exercises, 30 seconds each, one round, then repeat the two you felt least.

1. Forearm plank — hips level, glutes engaged

2. Side plank left — shoulder stacked over the elbow

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

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

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

DRILL 1
Technique
calm, lots of repetitions
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.

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

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.	

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

The group moves across the court in a wave, tossing the ball on to the next player each time.

Shoulder activation with bandkoachvolleyball.com5 min

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

Trunk baseline

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

1. Forearm plank — hips level, glutes engaged

2. Side plank left — shoulder stacked over the elbow

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

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

The three drills18 min each · run them in this order

DRILL 1 Technique calm, lots of repetitions	DRILL 2 Application with movement and pressure	DRILL 3 Play the skill inside a game
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.	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.	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.
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COACHING POINTS

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

EQUIPMENT

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

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

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

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

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

Core 5 min · whole group together

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

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

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

DRILL 1
Technique
calm, lots of repetitions

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

DRILL 2
Application
with movement and pressure

Run-throughs [koachvolleyball.com](#)
Run-throughs: a short ball well in front of the passer, sprinted through and passed on the move.
HOW TO SET IT UP
Two lanes, one feeder each.
START HERE
High soft feed, catch on the move allowed.
BUILD TOWARDS
Low and short, and the pass has to land on the target first time.
> Pass through the ball while still moving — do not brake first.

DRILL 3
Play
the skill inside a game

Short-serve game [koachvolleyball.com](#)
Short-serve game: only serves landing in front of the three-metre line count.
HOW TO SET IT UP
Servers on one side, passers on the other.
START HERE
Serve from the attack line.
BUILD TOWARDS
Full distance, short serve, and the passer has to set up an attack.
> A short serve is a tactical choice, not an accident.

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

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

EQUIPMENT

All the balls, cones marking the three-metre zone

FOCUS
A repeatable set

WHAT YOU ARE WORKING ON

1 Both feet under the ball, right foot slightly forward

2 The same hand action to every position

3 Square to the left antenna as a default

HOW YOU KNOW IT WORKED Twenty sets in a row inside a one-metre target zone.

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

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

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

Core 5 min · whole group together

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

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

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

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

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

FOCUS

Approach efficiency and takeoff

WHAT YOU ARE WORKING ON

1

The last two steps are the biggest and fastest

2

Arms back on the plant, then hard up

3

Convert horizontal speed into height, not distance

HOW YOU KNOW IT WORKED

Reach measured; everybody has a number to beat.

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

Warm-up10 min · whole group

Core5 min · whole group together

Dynamic movement patternskoachvolleyball.com5 min

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

Hitting in pairskoachvolleyball.com5 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.

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 drills18 min each · run them in this order

DRILL 1

Technique

calm, lots of repetitions

Three-step approachkoachvolleyball.com

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

HOW TO SET IT UP

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

START HERE

Two steps and no jump, rhythm only.

BUILD TOWARDS

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

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

DRILL 2

Application

with movement and pressure

Approach with catchkoachvolleyball.com

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

HOW TO SET IT UP

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

START HERE

Ball thrown high.

BUILD TOWARDS

Catch with the hitting arm fully extended.

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

DRILL 3

Play

the skill inside a game

Jump program basicskoachvolleyball.com

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

HOW TO SET IT UP

One box, everybody rotating. Quality over volume.

START HERE

Approach jumps and box jumps only.

BUILD TOWARDS

Add depth jumps, six reps, full recovery between.

> Stop the moment the landing gets noisy.

Game

20 min · finish every session playing

Five-on-five full rallykoachvolleyball.com

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

RULE FOR TONIGHT

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

COACHING POINTS

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

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

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

EQUIPMENT

Balls, a box, tape for the reach mark

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

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

Core5 min · whole group together

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

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

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

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

Shoulder and scapula

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

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

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

3. Prone swimming — small, quick arm movements

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

The three drills18 min each · run them in this order

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

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

EQUIPMENT

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

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

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 [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.

Core 5 min · whole group together

Jump and land

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

1. Single-leg glute bridge — 15 seconds per leg

2. Hollow hold — lower back pressed down

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

4. Lateral bound and stick — hold the landing two counts

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

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

Game 20 min · finish every session playing	22 all koachvolleyball.com 22 all: both teams start at 22 and every rally is played out. RULE FOR TONIGHT 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

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

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

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.

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

Game 20 min · finish every session playing	Team serving challenge koachvolleyball.com Team serving challenge: the whole team hits a streak, starting over on a miss. RULE FOR TONIGHT Ten in a row. Every miss restarts it and the team feels the cost.
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COACHING POINTS

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

EQUIPMENT

All the balls, six mats, tape, bands

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.

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

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.

- 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

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

FOCUS

Moving along the net

WHAT YOU ARE WORKING ON

1 Shoulders square through the whole move

2 Shuffle short, swing long

3 Penetrate rather than reach

HOW YOU KNOW IT WORKED Everybody covers all five net positions without losing shape.

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

Footwork along the netkoachvolleyball.com5 min

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

Wave pass through the hoopskoachvolleyball.com5 min

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

Core5 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 drills18 min each · run them in this order

DRILL 1
Technique
calm, lots of repetitions

Block footwork along the netkoachvolleyball.com

Block footwork: shuffle over short distances, crossover over long ones, ending in a block jump.

HOW TO SET IT UP

Four at the net at a time, the rest counting from the end line.

START HERE

Shuffle only, jump from standing.

BUILD TOWARDS

Crossover with hip turn and close step, landing into the next move.

> Shoulders stay square to the net, even in the crossover.

DRILL 2
Application
with movement and pressure

Swing block: 3-step crossoverkoachvolleyball.com

Swing block three-step crossover: directional step, big crossover with hip turn, close step and a maximum jump.

HOW TO SET IT UP

Two blockers at a time, working from middle to pin.

START HERE

Walk the three steps without a jump.

BUILD TOWARDS

Full speed with an arm swing into the jump.

> The arms help you up; do not carry them frozen above your head.

DRILL 3
Play
the skill inside a game

Hands over the netkoachvolleyball.com

Hands over the net: seal and press so the block deflects the ball straight down, then recover to base.

HOW TO SET IT UP

Hitter on a box on the far side, two blockers at a time.

START HERE

Hands over the net without jumping.

BUILD TOWARDS

Block a live attack and transition straight off.

> Press over, do not reach up; the shoulders lead.

Game

20 min · finish every session playing

Match format with rotating servekoachvolleyball.com

Four on four with a rotating serve and a full attack-defense cycle.

RULE FOR TONIGHT Any point that starts with a block touch counts double.

- COACHING POINTS
- Square shoulders are what make a block a wall instead of a gap.

—Shuffle for short moves, swing block for long ones — pick before you move.

—Penetration beats height; hands over the net is the whole job.
- EQUIPMENT
- Balls, a box, cones marking net positions

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

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

Core5 min · whole group together

Circle keep-away — reaction 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

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

Game 20 min · finish every session playing	Block and defense switch koachvolleyball.com Block and defense switch: the block jumps, the defenders cover behind it, then a fast switch to attack. RULE FOR TONIGHT The defense must convert every dug ball into an attack.
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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

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

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 through the coneskoachvolleyball.com5 min

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

Pepper (classic)koachvolleyball.com5 min

Pairs across the hall, dig-set-hit without a break. Count how long each pair keeps it alive.

Trunk baseline

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

1.

Forearm plank — hips level, glutes engaged

2.

Side plank left — shoulder stacked over the elbow

3.

Side plank right — same line from ankle to head

4.

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

The three drills18 min each · run them in this order

DRILL 1

Technique

calm, lots of repetitions

Closing the double blockkoachvolleyball.com

Closing the double block: the pin blocker sets the position and the middle closes airtight 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.

BUILD TOWARDS

Close against a live outside attack.

> The middle goes to the pin; the pin does not drift inside.

DRILL 2

Application

with movement and pressure

Closing the double block at positions 2 and 4koachvolleyball.com

Closing the double block at positions 2 and 4, with a third blocker holding the middle.

HOW TO SET IT UP

Three blockers, hitters alternating sides.

START HERE

One side at a time.

BUILD TOWARDS

The side is chosen by the setter, live.

> Talk before you move; blocking is a two-person conversation.

DRILL 3

Play

the skill inside a game

Moving the block wallkoachvolleyball.com

Moving the block wall: three blockers shuffle along the net from outside to middle to outside.

HOW TO SET IT UP

Continuous, everybody rotating through.

START HERE

Three positions.

BUILD TOWARDS

Five positions in one run with no break.

> Closed hands, square shoulders, every repetition.

Game

20 min · finish every session playing

Full rally six on fivekoachvolleyball.com

Full rally six on five with serve receive, attack, block, defense and a double counterattack.

RULE FOR TONIGHTA block touch on the counterattack is worth two points.

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

Base and read

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

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

Core5 min · whole group together

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

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

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

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

Anti-rotation

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

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

The three drills18 min each · run them in this order

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

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

EQUIPMENT

Balls, a box, cones marking base positions

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

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

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.

Game 20 min · finish every session playing	Defending against the attack cannons koachvolleyball.com Defending against the attack cannons: hitters fire in, defenders dig back to the setter. RULE FOR TONIGHT 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

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

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

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

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

The libero and the back court

FOCUS Defensive organization	WHAT YOU ARE WORKING ON 1 The libero takes what they call 2 Passers give way as an action 3 Zones are agreed before the serve
HOW YOU KNOW IT WORKED No ball drops between two players for a whole game.	

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

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

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 Reception with libero takeover koachvolleyball.com Reception with libero takeover: the libero takes the tough balls while the passers give way. HOW TO SET IT UP Six in serve receive, one libero, servers on the far side. START HERE The libero calls every ball they want. BUILD TOWARDS The passers give way without being called off. > Giving way is a movement, not a decision to freeze.	DRILL 2 Application with movement and pressure Reception loop with libero koachvolleyball.com Reception loop with libero: five servers firing in, six receivers passing, the libero calling the zones. HOW TO SET IT UP Continuous rotation, swap the libero every three minutes. START HERE Serves from the attack line. BUILD TOWARDS Full-distance tough serves. > The libero is the loudest voice in serve receive.	DRILL 3 Play the skill inside a game "Mine!" — call for the ball koachvolleyball.com "Mine!": the coach tosses exactly between two players and whoever wants it calls before contact. HOW TO SET IT UP Two pairs at a time, a line beside them. START HERE Announced tosses, one step apart. BUILD TOWARDS Three players side by side and a fast flat ball. > Call while the ball is in the air.
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Game 20 min · finish every session playing	Complete rally 3v3 with libero coverage koachvolleyball.com Complete rally three on three with libero coverage. RULE FOR TONIGHT A ball dropping between two players costs two points.
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COACHING POINTS

- The libero takes whatever they call, and calls early.
- Giving way is an action; standing still is how collisions happen.
- Agree the zones before the serve, not after the ball has landed.

EQUIPMENT

Balls, bibs, cones marking zones

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

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

Figure-eight warm-up koachvolleyball.com 4 min

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

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

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

Core 5 min · whole group together

Anti-rotation

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

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

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

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

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

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

EQUIPMENT

All the balls, a box, bibs

FOCUS Scoring off a bad first ball	WHAT YOU ARE WORKING ON 1 High and off the net is the correct set, not a failure 2 The hitter adjusts the approach, not the set 3 One hitter is always available		
HOW YOU KNOW IT WORKED Half of all out-of-system balls finished with an attack.			

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

Core5 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.

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

Pairs facing each other playing pass, set and attack. Steady rhythm, no winners.

Shoulder and scapula

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

1.

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

2.

Band pull-apart — slow on the way back

3.

Prone swimming — small, quick arm movements

4.

Wall slide — lower back and forearms stay on the wall

The three drills18 min each · run them in this order

DRILL 1 Technique calm, lots of repetitions	DRILL 2 Application with movement and pressure	DRILL 3 Play the skill inside a game
Out-of-system setting and attacking koachvolleyball.com Out-of-system setting and attacking: first ball far from the net, the libero sets high outside and the hitter adjusts. HOW TO SET IT UP Coach feeding bad first balls, one setter, a hitting line. START HERE The ball goes to a fixed spot off the net. BUILD TOWARDS The ball goes anywhere and the setter has to find it. › High and off the net gives the hitter time — that is the point.	Attacking high balls koachvolleyball.com Attacking high balls: a so-so pass, a high outside ball, a delay step and an imperfect set. HOW TO SET IT UP Coach feeding, one setter, a line at position 4. START HERE Fixed height. BUILD TOWARDS Height varies and the hitter adjusts the start of the approach. › Let the ball come down to you; leaving early is the classic error.	Chaos ball koachvolleyball.com Chaos ball: the coach throws in ugly balls and the team turns them into three controlled contacts. HOW TO SET IT UP Six on court, a line coming in every ball, high tempo. START HERE Two contacts allowed if the ball crosses under control. BUILD TOWARDS Three contacts compulsory and the attack from the attack line. › First ball high and middle: there is always a way out from there.

Game 20 min · finish every session playing	Attack-counter king's game koachvolleyball.com Attack-counter king's game five on five, the winning team staying on. RULE FOR TONIGHT A point finished out of system counts double.
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COACHING POINTS

- A high ball off the net is the right answer, not a mistake.
- The hitter adjusts to the set; the set does not chase the hitter.
- Somebody is always available — the job is to find them, not to force it.

EQUIPMENT

Balls, bibs

FOCUS The middle attack	WHAT YOU ARE WORKING ON 1 The middle leaves before the setter touches it 2 A flat fast set, not a high one 3 The middle attacks even when the ball goes elsewhere
HOW YOU KNOW IT WORKED Ten first-tempo attacks finished in the court.	

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

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

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

Hitting in pairs [koachvolleyball.com](#) 5 min

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

Core 5 min · whole group together

Jump and land

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

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

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

DRILL 1 Technique calm, lots of repetitions	DRILL 2 Application with movement and pressure	DRILL 3 Play the skill inside a game
Middle finds the ball koachvolleyball.com Middle finds the ball: the middle hits a tossed ball, steps back and attacks a first-tempo ball straight away. HOW TO SET IT UP Setter and middle working, others feeding and shagging. START HERE Tossed first tempo at a fixed height. BUILD TOWARDS First tempo off a real pass. › You leave on the pass, not on the set.	Quick middle attack koachvolleyball.com Quick middle attack: the setter delivers a quick ball while the block tries to keep up. HOW TO SET IT UP Setter, middle, two blockers on the far side. START HERE No block. BUILD TOWARDS A live middle blocker reading it. › Flat and fast beats high and pretty.	Quick middle and shoot koachvolleyball.com Quick middle and shoot: a quick set to the middle or a shoot outside, with the line rotating. HOW TO SET IT UP Setter, middle and outside working together. START HERE The setter calls it before the pass. BUILD TOWARDS The setter decides in the air. › Both hitters go every ball; that is what makes it work.

Game 20 min · finish every session playing	Six-on-six complete rally koachvolleyball.com Six on six complete rally with a counterattack. RULE FOR TONIGHT A first-tempo kill counts double, and a first tempo attempted counts one even if it drops.
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COACHING POINTS

- The middle leaves on the pass, not on the set.
- A first-tempo set is flat and fast; height gives the block time.
- The middle approaches every ball, whether they get it or not.

EQUIPMENT

Balls, bibs

The back-row attack

FOCUS Attacking from behind the line	WHAT YOU ARE WORKING ON 1 Take off from behind the line, land in front of it 2 The set is lower and further off the net 3 The pipe is a rhythm, not a rescue
HOW YOU KNOW IT WORKED Everybody finishes five back-row attacks in the court.	

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 through the coneskoachvolleyball.com5 min

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

Hitting in pairskoachvolleyball.com5 min

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

Trunk baseline

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

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

The three drills18 min each · run them in this order

DRILL 1 Technique calm, lots of repetitions	DRILL 2 Application with movement and pressure	DRILL 3 Play the skill inside a game
Three-step approach koachvolleyball.com Three-step approach without a ball, now starting from a metre behind the attack line. HOW TO SET IT UP Waves of four, the coach calling the rhythm and watching the takeoff point. START HERE Approach and jump only. BUILD TOWARDS Add the arm swing and check the landing stays in front of the line. > Take off behind, land in front — the jump goes forward here.	Hitting line over three positions koachvolleyball.com Hitting line over three positions, with the setter feeding 4, 3 and 2 in turn, plus a pipe ball. HOW TO SET IT UP Continuous rotation with everybody hitting every position. START HERE Fixed order. BUILD TOWARDS The setter calls the position live. > Same arm swing from every position, front row or back.	Defending behind the block — pipe coverage koachvolleyball.com Defending behind the block with pipe coverage, so the back-row attack meets a real defense. HOW TO SET IT UP Three blockers, five back-court defenders, live pipe attacks. START HERE The block stays passive. BUILD TOWARDS A live block on the pipe. > The pipe scores through the gap between two blockers.

Game 20 min · finish every session playing	Five-on-five full rally koachvolleyball.com Five on five full rally at match tempo. RULE FOR TONIGHT A back-row attack that lands counts double.
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COACHING POINTS

- Take off behind the line and land in front of it; that is legal and faster.
- The back-row set is lower and further off the net than an outside ball.
- The pipe works when it runs every rally, not only when things go wrong.

EQUIPMENT

Balls, cones marking the attack line

FOCUS

Passing patterns through all six

WHAT YOU ARE WORKING ON

1 Every rotation has a written pattern

2 Overlap rules checked before the serve

3 The switch happens after contact

HOW YOU KNOW IT WORKED

All six rotations played without a positional fault.

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

Warm-up

10 min · whole group

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.

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

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

Team serve receive per rotation

koachvolleyball.com

Team serve receive per rotation, where pass-set-attack counts as a point and then you rotate.

HOW TO SET IT UP

Six on court, servers on the far side, a coach checking positions.

START HERE

Walk each rotation through with no ball.

BUILD TOWARDS

Full speed and a positional fault costs the point.

> Know your start position and your end position — two separate things.

DRILL 2

Application

with movement and pressure

Butterfly drill

koachvolleyball.com

Butterfly drill: serve cross-court, follow your ball, pass to the target and rotate through the butterfly.

HOW TO SET IT UP

Two lines running the butterfly continuously.

START HERE

Serve from the attack line.

BUILD TOWARDS

Full-distance serves and only passes to the target count.

> Follow your ball; that is what keeps the drill alive.

DRILL 3

Play

the skill inside a game

Serving and reception rotation

koachvolleyball.com

Serving and reception rotation: five servers, five receivers in a W, roles switching after the pass.

HOW TO SET IT UP

Continuous, swap roles every two minutes.

START HERE

Fixed W formation.

BUILD TOWARDS

Three-passer formation with the front-row hitters released.

> Release early; a hitter still passing is a hitter not hitting.

Game

20 min · finish every session playing

Side-out per rotation

koachvolleyball.com

Side-out per rotation: serve on rotation 1, play the side-out out and rotate on.

RULE FOR TONIGHT

Two side-outs in a row before moving to the next rotation.

COACHING POINTS

—Write the pattern for every rotation down and stick to it.

—Check the overlap before the serve, not after the whistle.

—The switch happens after contact; going early is a fault.

EQUIPMENT

Balls, cones marking positions, a printed rotation sheet

Side-out efficiency

FOCUS Winning the first ball	WHAT YOU ARE WORKING ON 1 A good pass is worth more than a good hit 2 Every rotation gets its first option 3 Side out on the first attempt
HOW YOU KNOW IT WORKED Sixty per cent side-out over a full rotation.	

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

Wave run with a toss [koachvolleyball.com](#) 5 min

The group moves across the court in a wave, tossing the ball on to the next player each time.

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 a box: float serve receive koachvolleyball.com Coach on a box hitting tight floaters at the passers, taken to the target and repeated. HOW TO SET IT UP Coach on the box, three passers, one target. START HERE Predictable placement. BUILD TOWARDS Random placement including the seams. › Same pass, whatever the serve looked like.	DRILL 2 Application with movement and pressure 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 and attack straight away. HOW TO SET IT UP Two teams of four, swapping roles every three minutes. START HERE Serves at three-quarter pace. BUILD TOWARDS Full pressure, tough zones. › The first ball decides the rally more than the last one.	DRILL 3 Play the skill inside a game Team serve receive per rotation koachvolleyball.com Team serve receive per rotation, scoring pass-set-attack as a point. HOW TO SET IT UP Six on court, rotating after every successful side-out. START HERE Two attempts per rotation. BUILD TOWARDS One attempt per rotation. › Side out first time; the second chance is not a plan.
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Game 20 min · finish every session playing	Side-out per rotation koachvolleyball.com Side-out per rotation as a wash table. RULE FOR TONIGHT The receiving team scores a big point for two side-outs in a row.
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COACHING POINTS

- A good pass is worth more than a good hit, every time.
- Every rotation needs a first option that everybody knows.
- Side-out percentage is the number that decides sets.

EQUIPMENT

Balls, a box, a score sheet

Free ball and down ball

FOCUS Converting the easy ball	WHAT YOU ARE WORKING ON 1 Call it before it crosses 2 Everybody moves, not only the passer 3 Score off the easy ball every time
HOW YOU KNOW IT WORKED Ten free balls in a row converted into a kill.	

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](#)5 min

Jog a loop around the court, tapping the ball on to the next player in the line each time.

Pepper in five pairs [koachvolleyball.com](#)5 min

Pairs facing each other playing pass, set and attack. Steady rhythm, no winners.

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 drills18 min each · run them in this order

DRILL 1 Technique calm, lots of repetitions	DRILL 2 Application with movement and pressure	DRILL 3 Play the skill inside a game
Free ball! transition on call koachvolleyball.com Free ball on call: the team switches from defensive base to the free-ball formation on the call. HOW TO SET IT UP Six on court, a line at the side. Six reps then swap. START HERE Movement only, no ball. BUILD TOWARDS Unannounced, straight out of a live rally. › Everybody calls; a single voice is not a call.	Three-contact rally koachvolleyball.com Three-contact rally where a point only counts with three clean contacts. HOW TO SET IT UP Six on six, free balls fed in. START HERE Cooperative. BUILD TOWARDS Two contacts hands the point over. › The easy ball is where the set is won.	Wave rotation koachvolleyball.com Wave rotation: the team rotates after every rally while two servers keep the pressure on. HOW TO SET IT UP Continuous, swap servers every two minutes. START HERE Rotate on a won rally. BUILD TOWARDS Rotate every rally. › Rotate fast; a slow rotation is a lost rally.

Game 20 min · finish every session playing	Serve + free ball wash game koachvolleyball.com Serve plus free ball wash game. RULE FOR TONIGHT A free ball not finished with an attack gives the point away.
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COACHING POINTS
—Call the free ball before it crosses the net.
—Everybody moves on a free ball, not only whoever plays it.
—The easy ball is a scoring chance, not a breather.

EQUIPMENT
Balls, bibs

Appendix · the core sets

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

SET A Trunk baseline Four exercises, 30 seconds each, one round, then repeat the two you felt least. 1 Forearm plank — hips level, glutes engaged 2 Side plank left — shoulder stacked over the elbow 3 Side plank right — same line from ankle to head 4 Glute bridge — feet flat, hips up, hold three counts
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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 106 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 17.3 /volleyball-drills/mine-call-for-the-ball.html
22 all 8g /volleyball-drills/22-all.html
AMRAP target serving 10.3 /volleyball-drills/amrap-target-serving.html
Approach with catch 6.2 /volleyball-drills/approach-with-catch.html
Arm swing against the wall 7.1 /volleyball-drills/arm-swing-against-the-wall.html
Around the court — jog-in 12 1w, 9w, 19w /volleyball-drills/around-the-court-jog-in-12.html
Around the court with a tap ball 16w, 24w /volleyball-drills/around-the-court-with-a-tap-ball.html
Around the world 9.3 /volleyball-drills/around-the-world.html
Around the world 4-3-2 5.3 /volleyball-drills/around-the-world-4-3-2.html
Attack-counter king's game 19g /volleyball-drills/attack-counter-king-s-game.html
Attacking against a double block 8.3 /volleyball-drills/attacking-against-a-double-block.html
Attacking high balls 19.2 /volleyball-drills/attacking-high-balls.html
Block against hitting lines 4-3-2 12.2 /volleyball-drills/block-against-hitting-lines-4-3-2.html
Block and defense switch 12g /volleyball-drills/block-and-defense-switch.html
Block footwork along the net 11.1 /volleyball-drills/block-footwork-along-the-net.html
Block transition 18.1 /volleyball-drills/block-transition.html
Blocking against coach on a box 12.3 /volleyball-drills/blocking-against-coach-on-a-box.html
Bonus-point game 5g, 7g /volleyball-drills/bonus-point-game.html
Butterfly drill 22.2 /volleyball-drills/butterfly-drill.html
Chaos ball 19.3 /volleyball-drills/chaos-ball.html
Circle keep-away — reaction game 5w, 12w /volleyball-drills/circle-keep-away-reaction-game.html
Closing the double block 13.1 /volleyball-drills/closing-the-double-block.html

Closing the double block at positions 2 and 4 13.2 /volleyball-drills/closing-the-double-block-at-positions-2-and-4.html
Coach on a box: float serve receive 23.1 /volleyball-drills/coach-on-a-box-float-serve-receive.html
Coach on the box 15.1 /volleyball-drills/coach-on-the-box.html
Complete rally 3v3 with libero coverage 17g /volleyball-drills/complete-rally-3v3-with-libero-coverage.html
Continuous transition (block-attack) 18.3 /volleyball-drills/continuous-transition-block-attack.html
Covering tip balls 16.2 /volleyball-drills/covering-tip-balls.html
Defending against the attack cannons 15g /volleyball-drills/defending-against-the-attack-cannons.html
Defending behind the block — pipe coverage 14.3, 21.3 /volleyball-drills/defending-behind-the-block-pipe-coverage.html
Defense - transition 18.2 /volleyball-drills/defense-transition.html
Defensive posture (base & read) 14.1 /volleyball-drills/defensive-posture-base-read.html
Dig-to-self pepper 1.1 /volleyball-drills/dig-to-self-pepper.html
Digs: cross, line, pancake 15.2 /volleyball-drills/digs-cross-line-pancake.html
Double decker 14.2 /volleyball-drills/double-decker.html
Dynamic movement patterns 6w, 10w, 20w /volleyball-drills/dynamic-movement-patterns.html
Figure-eight warm-up 18w /volleyball-drills/figure-eight-warm-up.html
Five-on-five full rally 6g, 21g /volleyball-drills/five-on-five-full-rally.html
Float serve at the seams 10.2 /volleyball-drills/float-serve-at-the-seams.html
Follow your set 4.3, 16.1 /volleyball-drills/follow-your-set.html
Footwork along the net 11w, 12w /volleyball-drills/footwork-along-the-net.html
Four corners sprint 14w /volleyball-drills/four-corners-sprint.html
Free ball! transition on call 24.1 /volleyball-drills/free-ball-transition-on-call.html
Full rally six on five 13g /volleyball-drills/full-rally-six-on-five.html

Appendix · every drill in this programme (continued)

Hands over the net 11.3 /volleyball-drills/hands-over-the-net.html
Hitting in pairs 6w, 7w, 20w, 21w /volleyball-drills/hitting-in-pairs.html
Hitting line over three positions 21.2 /volleyball-drills/hitting-line-over-three-positions.html
Hitting lines 7.2 /volleyball-drills/hitting-lines.html
Jump float build-up 10.1 /volleyball-drills/jump-float-build-up.html
Jump program basics 6.3 /volleyball-drills/jump-program-basics.html
Line sprints with ball contact 3w, 15w /volleyball-drills/line-sprints-with-ball-contact.html
Match format with rotating serve 11g /volleyball-drills/match-format-with-rotating-serve.html
Middle finds the ball 20.1 /volleyball-drills/middle-finds-the-ball.html
Mix it up 8.1 /volleyball-drills/mix-it-up.html
Moving the block wall 13.3 /volleyball-drills/moving-the-block-wall.html
Neville's pepper (3v3) 14g /volleyball-drills/neville-s-pepper-3v3.html
Out-of-system setting and attacking 19.1 /volleyball-drills/out-of-system-setting-and-attacking.html
Overhand passing gauntlet 4w /volleyball-drills/overhand-passing-gauntlet.html
Overhead defense 15.3 /volleyball-drills/overhead-defense.html
Pair warm-up 1w, 5w, 17w /volleyball-drills/pair-warm-up.html
Passing triplets 2.1 /volleyball-drills/passing-triplets.html
Pepper (classic) 3w, 13w, 15w, 23w /volleyball-drills/pepper-classic.html
Pepper in five pairs 19w, 24w /volleyball-drills/pepper-in-five-pairs.html
Pepper in fours 8w, 16w /volleyball-drills/pepper-in-fours.html
Pepper series (build-up) 18w /volleyball-drills/pepper-series-build-up.html
Quick middle and shoot 20.3 /volleyball-drills/quick-middle-and-shoot.html

Quick middle attack 20.2 /volleyball-drills/quick-middle-attack.html
Read block / blind block 12.1 /volleyball-drills/read-block-blind-block.html
Reception loop with libero 17.2 /volleyball-drills/reception-loop-with-libero.html
Reception with libero takeover 17.1 /volleyball-drills/reception-with-libero-takeover.html
Relay through the cones 8w, 13w, 21w /volleyball-drills/relay-through-the-cones.html
Run-throughs 3.2 /volleyball-drills/run-throughs.html
Serve + free ball wash game 3g, 24g /volleyball-drills/serve-free-ball-wash-game.html
Serve receive lines with fixed target 2.2 /volleyball-drills/serve-receive-lines-with-fixed-target.html
Serve receive scored 0-3 2.3 /volleyball-drills/serve-receive-scored-0-3.html
Servers vs passers 2g /volleyball-drills/servers-vs-passers.html
Serving and reception rotation 22.3 /volleyball-drills/serving-and-reception-rotation.html
Serving pressure 4 on 4 10g, 23.2 /volleyball-drills/serving-pressure-4-on-4.html
Serving technique against the wall 9.1 /volleyball-drills/serving-technique-against-the-wall.html
Set combination quick middle 5.2 /volleyball-drills/set-combination-quick-middle.html
Setter carousel 4.2 /volleyball-drills/setter-carousel.html
Setter dump decision drill 5.1 /volleyball-drills/setter-dump-decision-drill.html
Short-deep serve receive 3.1 /volleyball-drills/short-deep-serve-receive.html
Short-serve game 3.3 /volleyball-drills/short-serve-game.html
Shoulder activation with band 2w, 7w, 9w, 10w /volleyball-drills/shoulder-activation-with-band.html
Side-out per rotation 22g, 23g /volleyball-drills/side-out-per-rotation.html
Six-on-six complete rally 20g /volleyball-drills/six-on-six-complete-rally.html
Speedball 6-6 18g /volleyball-drills/speedball-6-6.html

Appendix · every drill in this programme (continued)

Swing block: 3-step crossover

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

T-drill defensive footwork

14w </volleyball-drills/t-drill-defensive-footwork.html>

Team serve receive per rotation

22.1, 23.3 </volleyball-drills/team-serve-receive-per-rotation.html>

Team serving challenge

9g </volleyball-drills/team-serving-challenge.html>

The 3 C's

16g </volleyball-drills/the-3-c-s.html>

Three-contact rally

1.3, 4g, 24.2 </volleyball-drills/three-contact-rally.html>

Three-step approach

6.1, 21.1 </volleyball-drills/three-step-approach.html>

Tip chase

16.3 </volleyball-drills/tip-chase.html>

Tips and roll shots only

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

Triangle pass-set-attack rotation

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

Triangle passing

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

Triples tournament 3v3

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

Wave pass through the hoops

11w, 22w </volleyball-drills/wave-pass-through-the-hoops.html>

Wave passing to the coach

4w, 22w </volleyball-drills/wave-passing-to-the-coach.html>

Wave rotation

24.3 </volleyball-drills/wave-rotation.html>

Wave run with a toss

2w, 17w, 23w </volleyball-drills/wave-run-with-a-toss.html>

Zone hitting

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

Zone serving at targets

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