

Twenty-four weeks of youth volleyball

A long season with room to go back over everything

24 sessions

one per week

90 minutes

the same shape every time

One court, one coach

one team, no extra staff

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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 the whole toolkit; the last eight sharpen it, add team serve receive and reading the game, and put the players under a score. Nothing is repeated — every session has its own focus.

Who this is for

A youth team with a long season, or a club running one technical session 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
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>

The focus of every session (continued)

#	SESSION AND FOCUS	WHAT YOU WORK ON	HOW YOU KNOW
Sharper skills Setting from anywhere, team serve receive and reading the game			sessions 17-20
17	Everybody can set Setting from anywhere on court GAME Three-on-three with subs at the net	● Turn your shoulders to the target before the ball arrives ● Set high and off the net when you are late ● Back-row players set too	<i>Every player sets a ball from all three back-row positions.</i>
18	Serve receive as a team Passing as a unit GAME Side-out per rotation	● Everybody knows their zone before the serve ● The seams get called, every time ● The pass goes to the same spot every time	<i>Eight out of ten serves passed to the setter zone.</i>
19	Serving that hurts Serving with intent and under score pressure GAME 22 all	● Aim at a person, not just a zone ● Keep the routine when the score is called ● A miss costs the team, so serve tough and in	<i>The team serving streak from session 16, beaten.</i>
20	Reading the game Watching the setter and the hitter GAME Double decker	● Watch the setter first, then the ball, then the hitter ● Stop moving when the hitter starts their approach ● Guess out loud and check yourself	<i>Every defender calls the attack direction before contact five times.</i>
Game sense Free balls, small-sided games and playing under a score			sessions 21-24
21	Free ball and down ball Converting the easy ball GAME Serve + free ball wash game	● Call it before it crosses the net ● Everybody moves, not just the passer ● The easy ball is a scoring chance, not a rest	<i>Ten free balls in a row converted into a finished attack.</i>
22	Small games, big learning Small-sided play GAME Short court 2v2	● More touches per player than in six on six ● Every rally has a decision in it ● Score everything	<i>Everybody plays at least fifteen rallies.</i>
23	Attacking from anywhere Attacking outside, middle and back row GAME Five-on-four — attacking with overload	● A different approach angle for every position ● The middle leaves earlier than the outside ● Back-row attacks start behind the line	<i>Every player attacks from positions 4, 3 and behind the attack line.</i>
24	Under the scoreboard Playing under pressure GAME Bingo-Bango-Bongo	● Routines hold when the score is close ● Talk more when it gets tight, not less ● The next rally is the only one that matters	<i>Three wash games finished without the team going quiet.</i>

Everybody on the ball

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

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

Core5 min · whole group together

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

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

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

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

Plank tag

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

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

The three drills18 min each · run them in this order

DRILL 1
Technique
calm, lots of repetitions

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

DRILL 2
Application
with movement and pressure

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

DRILL 3
Play
the skill inside a game

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

Game
20 min · finish every session playing

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

COACHING POINTS

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

EQUIPMENT

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

FOCUS
The forearm pass

WHAT YOU ARE WORKING ON

1 Arms together only when the ball is nearly there

2 Turn your shoulders to the target

3 Play the ball high instead of hard

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

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

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

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

Core 5 min · whole group together

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

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

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

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

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

DRILL 1
Technique
calm, lots of repetitions

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

› Ball above your wrists, not at your elbows.

DRILL 2
Application
with movement and pressure

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

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

DRILL 3
Play
the skill inside a game

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

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

Game
20 min · finish every session playing

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

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

COACHING POINTS

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

EQUIPMENT

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

Hands like a basket

FOCUS
Overhead passing

WHAT YOU ARE WORKING ON

1 Hands above the forehead, thumbs towards your eyes

2 Fingers spread, spring rather than slap

3 Get both feet under the ball

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

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Warm-up 10 min · whole group

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

Core 5 min · whole group together

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

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

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

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

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

DRILL 1
Technique
calm, lots of repetitions

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

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

DRILL 2
Application
with movement and pressure

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

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

DRILL 3
Play
the skill inside a game

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

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

Game
20 min · finish every session playing

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

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

COACHING POINTS

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

EQUIPMENT

One ball per two, 12 hoops or cones

Moving to the ball

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

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

Core5 min · whole group together

Relay with cone slalom koachvolleyball.com 10 min

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

With the ball

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

1.

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

2.

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

3.

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

The three 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
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.	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.	Forearm pass into the hoop koachvolleyball.com Forearm pass into the hoop: the ball has to land inside the hoop on the floor. Instantly measurable and instantly addictive. HOW TO SET IT UP Three hoops at different distances, two lines taking turns. START HERE Big hoop, close in, ball thrown in. BUILD TOWARDS Small hoop at seven metres, fed off a hit ball. > Pick your target before you play, not while you play.

Game 20 min · finish every session playing	King's game rotation koachvolleyball.com King's game: the winning team stays on, the losers rotate through. RULE FOR TONIGHT Every team makes up a name and a shout before the first rally.
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- COACHING POINTS
- The first step is the important one, and it goes the moment the ball leaves their hand.

— Small steps when the ball is close, big steps when it is far away.

— Come to a stop before contact, however short that moment is.
- EQUIPMENT
- One ball per two, nine hoops, cones, bibs

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-up 10 min · whole group

Wave run with a toss [koachvolleyball.com](#) 5 min
Move across the court in a wave, tossing the ball on to the next player. Everybody moves at once.
Shoulder activation with band [koachvolleyball.com](#) 5 min
Everybody at once in threes. Shoulders ready before anyone serves — we never skip this.

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

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-up10 min · whole group

Core5 min · whole group together

Cat and mouse with coneskoachvolleyball.com10 min

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

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

Around the worldkoachvolleyball.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 formationkoachvolleyball.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 servingkoachvolleyball.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 fivekoachvolleyball.com

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

RULE FOR TONIGHTA 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	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

Core

5 min · whole group together

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.

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

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.

DRILL 2

Application

with movement and pressure

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.

DRILL 3

Play

the skill inside a game

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.

COACHING POINTS

—The approach starts behind the three-metre line, not on it.

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

—Land on two feet, through the knees — that is how we stay in one piece.

EQUIPMENT

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

Hit it above you

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

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

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

Core 5 min · whole group together

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

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

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

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

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

EQUIPMENT

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

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	Core 5 min · whole group together
Four corners sprint koachvolleyball.com Sprint corner to corner, touch the hoop each time. T-drill defensive footwork koachvolleyball.com T-drill: forward, shuffle left and right, backward. Stay low.	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 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.
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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

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 contactkoachvolleyball.com10 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.

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 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.	DRILL 2 Application with movement and pressure 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.	DRILL 3 Play the skill inside a game 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.
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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

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-up10 min · whole group

Relay through the cones
Several lines so nobody is waiting behind more than three others.
Wave pass through the hoops
Hoops down the court; everybody passes down the row at once and moves up.

Core5 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 drills18 min each · run them in this order

DRILL 1
Technique
calm, lots of repetitions

Block footwork along the net
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.

DRILL 2
Application
with movement and pressure

Hands over the net
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.

DRILL 3
Play
the skill inside a game

Bench jump and block drill
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
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.

COACHING POINTS

EQUIPMENT

—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.

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

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

EQUIPMENT

One ball per two, cones, hoops as corner markers

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

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

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.

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

"Mine!" — call for the ball
koachvolleyball.com

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

HOW TO SET IT UP

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

START HERE

Announced tosses and one step between the players.

BUILD TOWARDS

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

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

DRILL 2
Application
with movement and pressure

The 3 C's koachvolleyball.com

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

HOW TO SET IT UP

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

START HERE

Two C's: calling and celebrating.

BUILD TOWARDS

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

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

DRILL 3
Play
the skill inside a game

Chaos ball koachvolleyball.com

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

HOW TO SET IT UP

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

START HERE

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

BUILD TOWARDS

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

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

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

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

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

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

EQUIPMENT

Balls, bibs, a whistle

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

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

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

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

Core 5 min · whole group together

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

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

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

DRILL 1
Technique
calm, lots of repetitions

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

DRILL 2
Application
with movement and pressure

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

DRILL 3
Play
the skill inside a game

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

Game 20 min · finish every session playing	Speedball 6-6 koachvolleyball.com Speedball six on six: no serve, the coach feeds balls in continuously so there is hardly any dead time. RULE FOR TONIGHT The coach puts a new ball in within two seconds of every point. Play to 15.
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COACHING POINTS
—Digging and then standing still is the most common mistake — drop off straight away.
—The hitter who just dug is the first option for the counterattack.
—On a free ball the second ball is always the setter’s, even from the back row.

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

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

18.00 Warm-up 10 min	18.10 Core 5 min	18.15 Drill 1 18 min	18.33 Drill 2 18 min	18.51 Drill 3 18 min	19.09 Game 20 min	19.29 Finish 1 min
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Warm-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 drills18 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

Everybody can set

FOCUS Setting from anywhere on court	WHAT YOU ARE WORKING ON 1 Turn your shoulders to the target before the ball arrives 2 Set high and off the net when you are late 3 Back-row players set too
HOW YOU KNOW IT WORKED Every player sets a ball from all three back-row positions.	

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 of nine — route along the cones koachvolleyball.com 10 min

Take turns through the slalom and rejoin at the back; keep the line short.

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
Follow your set koachvolleyball.com Follow your set: set out-of-system to the pin and sprint straight into coverage under the hitter. HOW TO SET IT UP One feeder, one setter, one hitter, a line. Two balls going round. START HERE Set from a fixed spot and just walk into coverage. BUILD TOWARDS Set on the run and be in coverage before the hitter jumps. > Your set is not finished until you are under the hitter.	Triangle pass-set-attack koachvolleyball.com Triangle pass-set-attack: pass to the setter, set to the hitter and the ball back to the passer. HOW TO SET IT UP Several triangles side by side, one ball each. START HERE Throw the second ball instead of setting it. BUILD TOWARDS The setter has to call the target before the pass arrives. > Say where it is going before you touch it.	Triangle pass and move koachvolleyball.com Triangle pass and move: pass in a triangle and follow your ball to the next corner. HOW TO SET IT UP Three or four triangles, everybody moving all the time. START HERE Slow tempo, forearm only. BUILD TOWARDS Alternate forearm and overhead on every contact. > Constant movement — you never play from where you just stood.

Game 20 min · finish every session playing	Three-on-three with subs at the net koachvolleyball.com Three on three with subs at the net, coming in after every rally. RULE FOR TONIGHT The second ball may not be set by the same player twice in a row.
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COACHING POINTS

- Anybody can end up with the second ball, so everybody trains it.
- High and off the net beats low and tight when you are out of position.
- Call the target; a silent setter surprises their own hitter.

EQUIPMENT

One ball per two, cones

Serve receive as a team

FOCUS Passing as a unit	WHAT YOU ARE WORKING ON 1 Everybody knows their zone before the serve 2 The seams get called, every time 3 The pass goes to the same spot every time
HOW YOU KNOW IT WORKED Eight out of ten serves passed to 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

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

Wave across the court with a toss to the next player.

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

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

Core 5 min · whole group together

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	DRILL 2 Application with movement and pressure	DRILL 3 Play the skill inside a game
Serve receive lines with fixed target koachvolleyball.com Serve receive lines with a fixed target: the standard 1-6-5 setup, every pass tight to the setter zone. HOW TO SET IT UP Three passers, one target, servers on the other side. START HERE Serve from the three-metre line so every ball is playable. BUILD TOWARDS Full-distance serves, and only passes inside the target zone count. > The pass goes to the same spot every time, whoever plays it.	Short-deep serve receive koachvolleyball.com Short-deep serve receive: the coach alternates short tips and deep balls and the passer reads it. HOW TO SET IT UP Coach at the net, two passers, a line at the side. START HERE Announced: the coach says short or deep before the ball. BUILD TOWARDS No warning, and mix in a ball at the seam. > Read the toss, not the arm — the toss tells you first.	Servers vs passers koachvolleyball.com Servers versus passers: a good pass is +1, an ace is -1. Start at five, the passers win at ten. HOW TO SET IT UP Half the group serves, half receives. Swap at the end of the game. START HERE Start at seven so the passers get a win early on. BUILD TOWARDS Start at three and only a perfect pass scores. > Passers: the score is a team score, so talk between the balls.

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 you move on to the next rotation.
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COACHING POINTS

- Everybody knows their zone before the serve is struck.
- The seam between two passers is where the calling has to happen.
- A pass that is not to the target is not a good pass, however clean it looked.

EQUIPMENT

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

FOCUS
Serving with intent and under score pressure

WHAT YOU ARE WORKING ON

1 Aim at a person, not just a zone

2 Keep the routine when the score is called

3 A miss costs the team, so serve tough and in

HOW YOU KNOW IT WORKED The team serving streak from session 16, beaten.

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

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

One tagger, the rest safe at a cone but only for three counts. Swap the tagger every minute.

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

Float serve at the seams [coachvolleyball.com](#)

Float serve at the seams: aim deliberately at the seam between two passers, where the communication has to happen.

HOW TO SET IT UP
Servers on one side, two passers on the other who have to call every ball.

START HERE
Serve at the seam from the three-metre line.

BUILD TOWARDS
Full distance, and the server calls which seam before serving.

> The seam moves when the passers move — look before you toss.

DRILL 2
Application
with movement and pressure

Serving to 21 [coachvolleyball.com](#)

Serving to 21: the zone number is your score, and landing on exactly 21 forces deliberate choices.

HOW TO SET IT UP
Zones marked with mats, everybody keeping their own score.

START HERE
Play to 12 instead of 21.

BUILD TOWARDS
Going over 21 sends you back to zero.

> Work out your zone before you step up, not while you toss.

DRILL 3
Play
the skill inside a game

AMRAP target serving [coachvolleyball.com](#)

AMRAP target serving: two minutes, as many as you can. Mat is 3, court is 1, miss is -1.

HOW TO SET IT UP
Everybody serving at once, a partner counting.

START HERE
A miss costs nothing, only the hits count.

BUILD TOWARDS
A miss costs two.

> Volume and accuracy at the same time — that is the whole point.

Game
20 min · finish every session playing

22 all [coachvolleyball.com](#)
22 all: both teams start at 22 and the rally is played out until the point falls.

RULE FOR TONIGHT A service error at 22 is worth talking about afterwards — it is the whole lesson.

COACHING POINTS

- Aim at a person, not just at an empty patch of floor.
- When the score gets called, go slower, not harder.
- A tough serve that lands is worth more than a safe one, but only if it lands.

EQUIPMENT

All the balls, six mats, a score sheet

FOCUS

Watching the setter and the hitter

WHAT YOU ARE WORKING ON

1 Watch the setter first, then the ball, then the hitter

2 Stop moving when the hitter starts their approach

3 Guess out loud and check yourself

HOW YOU KNOW IT WORKED Every defender calls the attack direction before contact five 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-up 10 min · whole group

Circle keep-away — reaction game [koachvolleyball.com](#) 10 min

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

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

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 taking turns. Everybody watches the setter first.

START HERE

The setter announces the position before the ball.

BUILD TOWARDS

No warning and both hitters approach every ball.

› Watch the setter’s hands, not the ball leaving them.

DRILL 2
Application
with movement and pressure

Mirror blocking [koachvolleyball.com](#)

Mirror blocking: A moves freely, B mirrors every move including the block jump.

HOW TO SET IT UP

Pairs along the net, thirty seconds each and then swap.

START HERE

Slow, agreed movements.

BUILD TOWARDS

Full speed with fakes.

› React to the hips, not to the feet.

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 — and the hitter has to execute it.

HOW TO SET IT UP

Hitting line at position 4, mats as targets, the coach calling during the approach.

START HERE

The call comes before the approach starts.

BUILD TOWARDS

The call comes as the hitter leaves the floor.

› Defenders watch the shoulder; it turns before the ball goes.

Game

20 min · finish every session playing

Double decker [koachvolleyball.com](#)

Double decker: the block closes the cross, the line defender takes the line and zone 6 covers deep.

RULE FOR TONIGHT A dug ball must be played out into a full attack, or the rally does not count.

COACHING POINTS

— Setter first, ball second, hitter third — in that order, every rally.

— Stop moving the moment the hitter starts their approach.

— Say what you expect out loud; being wrong out loud teaches faster than being right in silence.

EQUIPMENT

Balls, mats as targets, bibs

Free ball and down ball

FOCUS Converting the easy ball	WHAT YOU ARE WORKING ON 1 Call it before it crosses the net 2 Everybody moves, not just the passer 3 The easy ball is a scoring chance, not a rest
HOW YOU KNOW IT WORKED Ten free balls in a row converted into a finished 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 with a tap ball [koachvolleyball.com](#) 10 min

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

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
Free ball! transition on call koachvolleyball.com Free ball on call: from defensive base, everybody calls and the team switches to the free-ball formation. HOW TO SET IT UP Six on court, a line at the side. Six reps and swap. START HERE Movement only, no ball. BUILD TOWARDS Unannounced, straight out of a live rally. › The call comes from everybody, not from one voice.	Attacking high balls koachvolleyball.com Attacking high balls: a so-so pass and a high outside ball, with a delay step and a set that is not perfect. HOW TO SET IT UP Coach feeding, one setter, a hitting line at position 4. START HERE The high ball is thrown at a fixed height. BUILD TOWARDS The height varies and the hitter has to adjust when they leave. › Wait for the ball to come down to you — leaving early is the classic error.	Pepper in fours koachvolleyball.com Pepper in fours: two pairs pepper side by side, pass, set and attack in a continuous rhythm. HOW TO SET IT UP Several groups of four, one ball each. START HERE Controlled hits only. BUILD TOWARDS Full speed and count the group record. › Every ball is three contacts, even in pepper.

Game 20 min · finish every session playing	Serve + free ball wash game koachvolleyball.com Serve plus free ball wash game: the serve is a small point, then a free ball to whoever lost it. RULE FOR TONIGHT A free ball that is 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 just whoever plays it.
- The easy ball is where matches get won — treat it as a chance, not a rest.

EQUIPMENT

Balls, bibs

Small games, big learning

FOCUS Small-sided play	WHAT YOU ARE WORKING ON 1 More touches per player than in six on six 2 Every rally has a decision in it 3 Score everything
HOW YOU KNOW IT WORKED Everybody plays at least fifteen rallies.	

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.

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

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

Pepper over the net [koachvolleyball.com](#)
Pepper over the net: cooperative two on two with dig, set and attack and realistic ball trajectories.
HOW TO SET IT UP
Several small courts, two against two.
START HERE
Set the third ball over instead of hitting it.
BUILD TOWARDS
Attack every third ball and count the rally length.
> Realistic trajectories only — no easy feeds.

DRILL 2
Application
with movement and pressure

Smashball [koachvolleyball.com](#)
Smashball: two on two on a small court, the ball may bounce once and every rally ends with a smash.
HOW TO SET IT UP
Two or three small courts across the width.
START HERE
Two bounces allowed.
BUILD TOWARDS
No bounce at all.
> Finish every rally — no ball just gets returned.

DRILL 3
Play
the skill inside a game

Three-on-three with subs at the net [koachvolleyball.com](#)
Three on three with subs at the net coming in after every rally.
HOW TO SET IT UP
Two or three small courts, everybody playing.
START HERE
Three contacts optional.
BUILD TOWARDS
Three contacts compulsory and the attack must be from behind the attack line.
> Small court, same rules, same standards.

Game 20 min · finish every session playing	Short court 2v2 koachvolleyball.com Short court two on two as a monarch tournament. RULE FOR TONIGHT The winning pair stays; everybody rotates. Play twelve short games.
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COACHING POINTS

- Small games give three times as many touches — that is why we play them.
- The rules stay the same; only the court gets smaller.
- Score every game; a game without a score is a warm-up.

EQUIPMENT

Balls, two low nets or tape, cones, bibs

FOCUS Attacking outside, middle and back row	WHAT YOU ARE WORKING ON 1 A different approach angle for every position 2 The middle leaves earlier than the outside 3 Back-row attacks start behind the line
HOW YOU KNOW IT WORKED Every player attacks from positions 4, 3 and behind the attack line.	

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

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

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

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

Hips and ankles loose before the jumping starts.

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 Around the world 4-3-2 koachvolleyball.com Around the world 4-3-2: attack from position 4 high, 3 quick and 2 off a back set, with different angles and tempos. HOW TO SET IT UP One setter, a line at each position, two balls going round. START HERE One position at a time, ten balls each. BUILD TOWARDS All three positions in one rotation with no break. › Each position has its own start point — walk it before you run it.	DRILL 2 Application with movement and pressure Quick middle and shoot koachvolleyball.com Quick middle and shoot: pass to the setter, then a quick set to the middle or a shoot outside, with the line rotating. HOW TO SET IT UP Setter, middle and outside working, the rest passing and shagging. START HERE The setter calls which one before the pass. BUILD TOWARDS The setter decides in the air and the hitters both go. › The middle leaves before the setter touches it.	DRILL 3 Play the skill inside a game Hitting line over three positions koachvolleyball.com Hitting line over three positions: the setter feeds 4, 3 and 2 in turn while the line rotates. HOW TO SET IT UP Continuous rotation, everybody hitting every position. START HERE Fixed order so everybody knows what is coming. BUILD TOWARDS Random order called by the setter. › Same arm swing from every position.
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Game 20 min · finish every session playing	Five-on-four — attacking with overload koachvolleyball.com Five on four: an overload where five attackers look for the open zone. RULE FOR TONIGHT An attack from a position you do not normally play counts double.
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COACHING POINTS
—Every position has its own approach angle; practise them separately first.
—The middle leaves earlier than the outside — that is timing, not speed.
—Behind the attack line means behind it, both feet.

EQUIPMENT
Balls, cones marking the attack positions

Under the scoreboard

FOCUS Playing under pressure	WHAT YOU ARE WORKING ON 1 Routines hold when the score is close 2 Talk more when it gets tight, not less 3 The next rally is the only one that matters
HOW YOU KNOW IT WORKED Three wash games finished without the team going quiet.	

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

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

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
Serve receive scored 0-3 koachvolleyball.com Serve receive scored 0 to 3: every pass gets a score, and the team has to hit an average. HOW TO SET IT UP Three passers, one target, a coach or a player scoring out loud. START HERE Target average of 1.8. BUILD TOWARDS Target average of 2.3, and one ace resets the count. › A number after every ball keeps everybody honest.	Ball-Setter-Ball-Hitter koachvolleyball.com Ball-Setter-Ball-Hitter: the coach digs to the setter, who sets and the hitter attacks; a second ball follows straight away. HOW TO SET IT UP Two balls in the coach’s hands, high tempo, a line waiting. START HERE A pause between the two balls. BUILD TOWARDS No pause at all. › The second ball is the one that shows whether the first was under control.	Five-on-five on the clock koachvolleyball.com Five on five on the clock: the ball has to cross within three contacts. HOW TO SET IT UP Short games, two minutes each, running score. START HERE Four contacts allowed. BUILD TOWARDS Three contacts and the third has to be an attack. › Decide early; hesitating costs more than choosing wrong.

Game 20 min · finish every session playing	Bingo-Bango-Bongo koachvolleyball.com Bingo-Bango-Bongo: three rallies in a row earns the right to serve for a real point. RULE FOR TONIGHT The team that goes quiet loses the small point, whatever happened on court.
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COACHING POINTS

- Routines are what is left when the pressure is on — that is why we built them.
- Talk more when it gets tight, not less.
- The next rally is the only one you can still do something about.

EQUIPMENT

Balls, a score sheet, 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

SET B

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

SET C

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

SET D

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

FINAL SESSION

Players choose

Three players each pick one exercise from the season and demonstrate it.

- 1 Player 1 picks and demonstrates — everybody joins in, 30 seconds
- 2 Player 2 picks — 30 seconds
- 3 Player 3 picks — 30 seconds, then one more round of all three

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 116 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
22 all 19g /volleyball-drills/22-all.html
Amoeba serving 16.2 /volleyball-drills/amoeba-serving.html
AMRAP target serving 19.3 /volleyball-drills/amrap-target-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, 21w /volleyball-drills/around-the-court-with-a-tap-ball.html
Around the world 6.1 /volleyball-drills/around-the-world.html
Around the world 4-3-2 23.1 /volleyball-drills/around-the-world-4-3-2.html
Attacking high balls 21.2 /volleyball-drills/attacking-high-balls.html
Ball around the course 16.3 /volleyball-drills/ball-around-the-course.html
Ball-Setter-Ball-Hitter 24.2 /volleyball-drills/ball-setter-ball-hitter.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, 24g /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, 19w /volleyball-drills/cat-and-mouse-with-cones.html
Chaos ball 14.3 /volleyball-drills/chaos-ball.html

Circle keep-away — reaction game 3w, 20w /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
Double decker 20g /volleyball-drills/double-decker.html
Dynamic movement patterns 2w, 7w, 23w /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
Five-on-five on the clock 24.3 /volleyball-drills/five-on-five-on-the-clock.html
Five-on-four — attacking with overload 23g /volleyball-drills/five-on-four-attacking-with-overload.html
Float serve at the seams 19.1 /volleyball-drills/float-serve-at-the-seams.html
Follow your set 17.1 /volleyball-drills/follow-your-set.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, 24w /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, 21.1 /volleyball-drills/free-ball-transition-on-call.html

Appendix · every drill in this programme (continued)

Hands over the net 11.2 /volleyball-drills/hands-over-the-net.html
Hitting in pairs 7w, 23w /volleyball-drills/hitting-in-pairs.html
Hitting line over three positions 23.3 /volleyball-drills/hitting-line-over-three-positions.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
Match with rotation 16g /volleyball-drills/match-with-rotation.html
Mirror blocking 20.2 /volleyball-drills/mirror-blocking.html
Mix it up 20.3 /volleyball-drills/mix-it-up.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, 22w /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, 24w /volleyball-drills/pepper-classic.html
Pepper in fours 21.3 /volleyball-drills/pepper-in-fours.html

Pepper over the net 22.1 /volleyball-drills/pepper-over-the-net.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
Quick middle and shoot 23.2 /volleyball-drills/quick-middle-and-shoot.html
Read block / blind block 20.1 /volleyball-drills/read-block-blind-block.html
Relay through the cones 11w, 22w /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, 21g /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
Serve receive lines with fixed target 18.1 /volleyball-drills/serve-receive-lines-with-fixed-target.html
Serve receive scored 0-3 24.1 /volleyball-drills/serve-receive-scored-0-3.html
Servers vs passers 18.3 /volleyball-drills/servers-vs-passers.html
Serving technique against the wall 5.1 /volleyball-drills/serving-technique-against-the-wall.html
Serving to 21 19.2 /volleyball-drills/serving-to-21.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

Appendix · every drill in this programme (continued)

Short court 2v2 1.3, 22g /volleyball-drills/short-court-2v2.html
Short-deep serve receive 18.2 /volleyball-drills/short-deep-serve-receive.html
Shoulder activation with band 5w, 18w /volleyball-drills/shoulder-activation-with-band.html
Side-out per rotation 18g /volleyball-drills/side-out-per-rotation.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
Smashball 22.2 /volleyball-drills/smashball.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-on-three with subs at the net 17g, 22.3 /volleyball-drills/three-on-three-with-subs-at-the-net.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 and move 17.3 /volleyball-drills/triangle-pass-and-move.html
Triangle pass-set-attack 17.2 /volleyball-drills/triangle-pass-set-attack.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 of nine — route along the cones 17w /volleyball-drills/wave-of-nine-route-along-the-cones.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, 18w /volleyball-drills/wave-run-with-a-toss.html
Zone serving at targets 5.2 /volleyball-drills/zone-serving-at-targets.html