

Eight weeks of adult volleyball

A short block that tightens up the fundamentals

8 sessions

one per week

90 minutes

the same shape every time

One court, one coach

one team, no extra staff

INSIDE

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12 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

Eight sessions for a team that already plays but wants its basics measured and tightened. Ball control and serve receive first, then setting, the approach and the arm swing, then blocking and defense, finishing with a session of complete rallies.

Who this is for

A recreational or club team starting a season, or a squad coming back after a break. It assumes **one team on one court with one coach** and a 90-minute slot. No assistant coaches, no second hall, nothing you have to organise in advance beyond putting the balls out.

The clock

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

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

Start here, build towards

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

Group size

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

The links

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

The focus of every session

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

#	SESSION AND FOCUS	WHAT YOU WORK ON	HOW YOU KNOW
The first contact Ball control, serve receive and setting			sessions 1-4
1	Ball control baseline Clean contacts as the foundation for everything else GAME Triples tournament 3v3	● Platform angle set before the ball arrives ● Stop moving at the moment of contact ● Every ball played to a target, not just up	<i>Fifty consecutive controlled contacts per pair.</i>
2	Platform and angle Serve receive mechanics GAME Servers vs passers	● Angle the platform with the shoulders, not the arms ● Absorb rather than swing ● Same contact point on every ball	<i>Team serve receive average of 2.0 out of 3.</i>
3	Setting mechanics A repeatable set GAME Three-contact rally	● Both feet under the ball, right foot slightly forward ● The same hand action to every position ● Square to the left antenna as a default	<i>Twenty sets in a row inside a one-metre target zone.</i>
4	The approach Approach efficiency and takeoff GAME Five-on-five full rally	● The last two steps are the biggest and fastest ● Arms back on the plant, then hard up ● Convert horizontal speed into height, not distance	<i>Reach measured; everybody has a number to beat.</i>
Attack and defend The arm swing, blocking, defensive shape and full rallies			sessions 5-8
5	Arm swing and contact Hitting mechanics GAME Bonus-point game	● High elbow, hand on top of the ball ● Contact at full extension ● Wrist snap finishes the ball down	<i>Ten hits in a row landing inside the court from position 4.</i>
6	Block footwork Moving along the net GAME Match format with rotating serve	● Shoulders square through the whole move ● Shuffle short, swing long ● Penetrate rather than reach	<i>Everybody covers all five net positions without losing shape.</i>
7	Base and read Defensive systems GAME Neville's pepper (3v3)	● Know your base and your read position ● Freeze on the hitter's contact ● Dig high into the middle of the court	<i>The team holds its shape for a full rotation with no gaps.</i>
8	The complete rally All phases at match tempo GAME Six-on-six complete rally	● No stopping between the phases ● Recover to base on the move ● Talk through the whole rally	<i>Ten rallies of five or more contacts per side.</i>

Ball control baseline

FOCUS
Clean contacts as the foundation for everything else

WHAT YOU ARE WORKING ON

1 Platform angle set before the ball arrives

2 Stop moving at the moment of contact

3 Every ball played to a target, not just up

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

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

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

1. Forearm plank — hips level, glutes engaged

2. Side plank left — shoulder stacked over the elbow

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

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

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

DRILL 1
Technique
calm, lots of repetitions
Dig-to-self pepper [koachvolleyball.com](#)
Dig-to-self pepper: play every ball high to yourself first, then controlled to your partner. Forces the second touch to be a decision rather than a reflex.
HOW TO SET IT UP
Pairs across the hall, one ball each. Two full rounds.
START HERE
Catch the self-dig, then play it on.
BUILD TOWARDS
No catch, and the ball to your partner has to be within one step.
› The first touch buys you time; use it instead of rushing.

DRILL 2
Application
with movement and pressure
Triangle passing [koachvolleyball.com](#)
Triangle passing: tosser, passer and target in a triangle, rotating after every contact.
HOW TO SET IT UP
Three or four triangles, one ball each.
START HERE
Tossed feed, triangle at six metres.
BUILD TOWARDS
Hit feed, triangle at nine metres, and only passes inside the target zone count.
› Shoulders to the target before the ball, not during.

DRILL 3
Play
the skill inside a game
Three-contact rally [koachvolleyball.com](#)
Three-contact rally: a point only counts if three clean contacts were played.
HOW TO SET IT UP
Four on four, a line at the side rotating in.
START HERE
Cooperative — count the longest rally.
BUILD TOWARDS
Two contacts hands the point to the other side.
› The second ball goes up, always.

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

COACHING POINTS
—A clean contact is a stopped body plus an early platform.
—Play to a target every time; "up" is not a target.
—Ball control is trained at low speed and tested at high speed.

EQUIPMENT
One ball per two, cones marking target zones

Platform and angle

FOCUS Serve receive mechanics	WHAT YOU ARE WORKING ON 1 Angle the platform with the shoulders, not the arms 2 Absorb rather than swing 3 Same contact point on every ball
HOW YOU KNOW IT WORKED Team serve receive average of 2.0 out of 3.	

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

Core5 min · whole group together

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

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

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

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

Trunk baseline

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

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

The three drills18 min each · run them in this order

DRILL 1 Technique calm, lots of repetitions	DRILL 2 Application with movement and pressure	DRILL 3 Play the skill inside a game
Passing triplets koachvolleyball.com Passing triplets with two balls: tosser, passer and target, generating a very high number of reps in a short block. HOW TO SET IT UP Groups of three, swap every 90 seconds. START HERE One ball, tossed feed. BUILD TOWARDS Two balls in rhythm, the passer never stationary. › Ball above the wrists; the elbows do nothing.	Serve receive lines with fixed target koachvolleyball.com Serve receive lines with a fixed target in a 1-6-5 setup, every pass tight to the setter zone. HOW TO SET IT UP Three passers, one target, servers on the far side. START HERE Serves from the three-metre line. BUILD TOWARDS Full-distance serves; only passes inside the zone count. › The target does not move, so neither does your intention.	Serve receive scored 0-3 koachvolleyball.com Serve receive scored 0 to 3, with the team chasing an average. HOW TO SET IT UP Three passers, one scorer calling numbers out loud. START HERE Target average 1.8. BUILD TOWARDS Target average 2.3; an ace resets the count. › A number after every ball keeps the standard honest.

Game 20 min · finish every session playing	Servers vs passers koachvolleyball.com Servers versus passers: a good pass is +1, an ace is -1, start at five. RULE FOR TONIGHT The passers win at ten; the servers win at zero. Then swap.
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COACHING POINTS

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

EQUIPMENT

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

FOCUS
A repeatable set

WHAT YOU ARE WORKING ON

1 Both feet under the ball, right foot slightly forward

2 The same hand action to every position

3 Square to the left antenna as a default

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

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

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

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

Core 5 min · whole group together

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

1. Dead bug — opposite arm and leg, lower back pressed to the floor

2. Plank shoulder tap — hips completely still

3. Side plank with reach-through — open and close under control

4. Bird dog — hold three counts at full extension

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

DRILL 1
Technique
calm, lots of repetitions

Triangle pass-set-attack rotation
[koachvolleyball.com](#)
Triangle pass-set-attack with everybody rotating a position after every ball, so every player sets.
HOW TO SET IT UP
Three triangles, one ball each.
START HERE
The attack may be a controlled throw.
BUILD TOWARDS
The set has to land at the same height and spot every time.

> Get under it, then set — never reach and set.

DRILL 2
Application
with movement and pressure

Setter carousel [koachvolleyball.com](#)
Setter carousel: setters take turns handling a set while hitters and shaggers rotate.
HOW TO SET IT UP
Continuous tempo, balls fed from the side, swap setters every two minutes.
START HERE
Set from a fixed position off thrown balls.
BUILD TOWARDS
Set after a full transition from the end line.

> Stop before you set; a moving setter sets crooked.

DRILL 3
Play
the skill inside a game

Follow your set [koachvolleyball.com](#)
Follow your set: set out-of-system to the pin and sprint into coverage under the hitter.
HOW TO SET IT UP
Feeder, setter, hitter and a line. Two balls going round.
START HERE
Walk into coverage.
BUILD TOWARDS
Be in coverage before the hitter jumps.

> The set is not finished until you are under the hitter.

Game
20 min · finish every session playing

Three-contact rally [koachvolleyball.com](#)
Three-contact rally where only clean three-contact points count.

RULE FOR TONIGHT A set landing outside the target zone gives the point away.

COACHING POINTS

- Both feet under the ball; the hands only finish the job.
- The same hand action whether it goes to 2, 3 or 4.
- Square to the left antenna by default and adjust from there.

EQUIPMENT

Balls, cones or tape marking the target zone

FOCUS
Approach efficiency and takeoff

WHAT YOU ARE WORKING ON

1 The last two steps are the biggest and fastest

2 Arms back on the plant, then hard up

3 Convert horizontal speed into height, not distance

HOW YOU KNOW IT WORKED Reach measured; everybody has a number to beat.

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

Core 5 min · whole group together

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

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

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

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

Jump and land

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

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

2. Hollow hold — lower back pressed down

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

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

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

DRILL 1
Technique
calm, lots of repetitions

Three-step approach [koachvolleyball.com](#)
Three-step approach with no ball: left-right-left, plant step, vertical takeoff, as a complete cycle.
HOW TO SET IT UP
Everybody on the attack line in waves of four, the coach calling the rhythm.
START HERE
Two steps and no jump, rhythm only.
BUILD TOWARDS
Full approach with the arm swing, landing balanced on two feet.

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

DRILL 2
Application
with movement and pressure

Approach with catch [koachvolleyball.com](#)
Approach with a catch: the setter sets high outside and the hitter catches the ball at the highest point.
HOW TO SET IT UP
Setter or coach, a line at position 4, two balls.
START HERE
Ball thrown high.
BUILD TOWARDS
Catch with the hitting arm fully extended.

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

DRILL 3
Play
the skill inside a game

Jump program basics [koachvolleyball.com](#)
Jump programme basics: approach jumps at the net, box jumps with a soft landing and depth jumps for reactivity.
HOW TO SET IT UP
One box, everybody rotating. Quality over volume.
START HERE
Approach jumps and box jumps only.
BUILD TOWARDS
Add depth jumps, six reps, full recovery between.

> Stop the moment the landing gets noisy.

Game
20 min · finish every session playing

Five-on-five full rally [koachvolleyball.com](#)
Five on five full rally, every phase at match tempo.

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

COACHING POINTS

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

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

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

EQUIPMENT

Balls, a box, tape for the reach mark

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

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

Core5 min · whole group together

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

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

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

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

Shoulder and scapula

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

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

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

3. Prone swimming — small, quick arm movements

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

The three drills18 min each · run them in this order

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

Game 20 min · finish every session playing	Bonus-point game koachvolleyball.com A normal set with bonus points for the session goal. RULE FOR TONIGHT An attack landing in a called zone counts double.
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COACHING POINTS

—High elbow, hand above the ball, wrist over the top.

—Full extension at contact; a bent arm costs both height and control.

—Hard is one option; placement beats power against a good block.

EQUIPMENT

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

FOCUS
Moving along the net

WHAT YOU ARE WORKING ON

1 Shoulders square through the whole move

2 Shuffle short, swing long

3 Penetrate rather than reach

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

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

Footwork along the net [koachvolleyball.com](#) 5 min
Shuffle and crossover from antenna to antenna with a block jump at each end. Waves of four.

Wave pass through the hoops [koachvolleyball.com](#) 5 min
Hoops laid out down the court; everybody passes down the row at once and moves up a hoop.

Core 5 min · whole group together

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

1. Forearm plank — hips level, glutes engaged

2. Side plank left — shoulder stacked over the elbow

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

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

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

DRILL 1
Technique
calm, lots of repetitions

Block footwork along the net
[koachvolleyball.com](#)
Block footwork: shuffle over short distances, crossover over long ones, ending in a block jump.
HOW TO SET IT UP
Four at the net at a time, the rest counting from the end line.
START HERE
Shuffle only, jump from standing.
BUILD TOWARDS
Crossover with hip turn and close step, landing into the next move.

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

DRILL 2
Application
with movement and pressure

Swing block: 3-step crossover
[koachvolleyball.com](#)
Swing block three-step crossover: directional step, big crossover with hip turn, close step and a maximum jump.
HOW TO SET IT UP
Two blockers at a time, working from middle to pin.
START HERE
Walk the three steps without a jump.
BUILD TOWARDS
Full speed with an arm swing into the jump.

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

DRILL 3
Play
the skill inside a game

Hands over the net [koachvolleyball.com](#)
Hands over the net: seal and press so the block deflects the ball straight down, then recover to base.
HOW TO SET IT UP
Hitter on a box on the far side, two blockers at a time.
START HERE
Hands over the net without jumping.
BUILD TOWARDS
Block a live attack and transition straight off.

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

Game
20 min · finish every session playing

Match format with rotating serve [koachvolleyball.com](#)
Four on four with a rotating serve and a full attack-defense cycle.

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

COACHING POINTS

— Square shoulders are what make a block a wall instead of a gap.

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

— Penetration beats height; hands over the net is the whole job.

EQUIPMENT
Balls, a box, cones marking net positions

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

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

Core5 min · whole group together

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

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

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

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

Anti-rotation

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

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

The three drills18 min each · run them in this order

DRILL 1 Technique calm, lots of repetitions Defensive posture (base & read) koachvolleyball.com Defensive posture: base to read on visual cues, freeze on contact, dig and recover to base. HOW TO SET IT UP Six defenders, the rest watching and swapping every two minutes. START HERE Movement and the stop only, no ball. BUILD TOWARDS Live ball with hits and tips mixed. > Freeze on contact — moving through the hit is why balls go past you.	DRILL 2 Application with movement and pressure Double decker koachvolleyball.com Double decker: the block closes the cross, the line defender takes the line and zone 6 covers deep. HOW TO SET IT UP Full court, block and back-court defense, coach feeding. START HERE The block stays put and the defense learns the shape. BUILD TOWARDS The block moves and the defense adjusts behind it. > Defend the shot the block leaves open, not the one you fear.	DRILL 3 Play the skill inside a game Defending behind the block — pipe coverage koachvolleyball.com Defending behind the block with pipe coverage: the back-court players cover the angle behind the block. HOW TO SET IT UP Three blockers, five back-court defenders. START HERE Tips only, so the coverage gets set. BUILD TOWARDS Hits and tips mixed. > Behind the block is a job, and somebody has to own it.
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Game 20 min · finish every session playing	Neville's pepper (3v3) koachvolleyball.com Neville's pepper three on three, with the coach putting free balls in. RULE FOR TONIGHT The rally only counts once both sides have converted a dig into an attack.
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- COACHING POINTS**
 - Base position, read position, and the move between them — three separate things.
 - Freeze at the moment of contact; then move.
 - The dig goes high into the middle, never forward at the net.
- EQUIPMENT**
 - Balls, a box, cones marking base positions

FOCUS

All phases at match tempo

WHAT YOU ARE WORKING ON

1 No stopping between the phases

2 Recover to base on the move

3 Talk through the whole rally

HOW YOU KNOW IT WORKED Ten rallies of five or more contacts per side.

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

Core5 min · whole group together

Figure-eight warm-upkoachvolleyball.com4 min

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

Pepper series (build-up)koachvolleyball.com6 min

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

Trunk baseline

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

1. Forearm plank — hips level, glutes engaged

2. Side plank left — shoulder stacked over the elbow

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

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

The three drills18 min each · run them in this order

DRILL 1
Technique
calm, lots of repetitions

Continuous transition (block-attack)
koachvolleyball.com

Continuous transition: block, transition, attack, repeat, with a conditioning element.

HOW TO SET IT UP

Two blockers, one setter, a feeder. Thirty on, thirty off.

START HERE

Block and transition only.

BUILD TOWARDS

Full cycle inside four seconds.

> Recover on the move; standing still is where rallies are lost.

DRILL 2
Application
with movement and pressure

Rally marathon 4v4koachvolleyball.com

Rally marathon four on four: the complete rally from serve to second attack.

HOW TO SET IT UP

Full court, a line rotating in every rally.

START HERE

Coach feeds instead of a serve.

BUILD TOWARDS

Every rally starts with a live serve.

> The rally is not over until the ball is down.

DRILL 3
Play
the skill inside a game

Five-on-five on the clockkoachvolleyball.com

Five on five on the clock, with the ball crossing within three contacts.

HOW TO SET IT UP

Short games with a running score.

START HERE

Four contacts allowed.

BUILD TOWARDS

Three contacts, the third an attack.

> Decide early; hesitation costs more than a wrong choice.

Game
20 min · finish every session playing

Six-on-six complete rallykoachvolleyball.com

Six on six complete rally with a counterattack.

RULE FOR TONIGHTA rally with fewer than three contacts a side does not count; play it again.

COACHING POINTS

—Every phase links straight into the next.

—Recovering to base is part of the rally, not what happens afterwards.

—The team talks the whole way through, not only at the serve.

EQUIPMENT

Balls, bibs

Appendix · the core sets

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

SET A

Trunk baseline

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

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

SET B

Anti-rotation

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

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

SET C

Shoulder and scapula

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

- 1 Prone Y-T-W — thumbs up, shoulder blades together
- 2 Band pull-apart — slow on the way back
- 3 Prone swimming — small, quick arm movements
- 4 Wall slide — lower back and forearms stay on the wall

SET D

Jump and land

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

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

The 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 45 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.

Approach with catch 4.2 /volleyball-drills/approach-with-catch.html
Arm swing against the wall 5.1 /volleyball-drills/arm-swing-against-the-wall.html
Around the court — jog-in 12 1w /volleyball-drills/around-the-court-jog-in-12.html
Block footwork along the net 6.1 /volleyball-drills/block-footwork-along-the-net.html
Bonus-point game 5g /volleyball-drills/bonus-point-game.html
Continuous transition (block-attack) 8.1 /volleyball-drills/continuous-transition-block-attack.html
Defending behind the block — pipe coverage 7.3 /volleyball-drills/defending-behind-the-block-pipe-coverage.html
Defensive posture (base & read) 7.1 /volleyball-drills/defensive-posture-base-read.html
Dig-to-self pepper 1.1 /volleyball-drills/dig-to-self-pepper.html
Double decker 7.2 /volleyball-drills/double-decker.html
Dynamic movement patterns 4w /volleyball-drills/dynamic-movement-patterns.html
Figure-eight warm-up 8w /volleyball-drills/figure-eight-warm-up.html
Five-on-five full rally 4g /volleyball-drills/five-on-five-full-rally.html
Five-on-five on the clock 8.3 /volleyball-drills/five-on-five-on-the-clock.html
Follow your set 3.3 /volleyball-drills/follow-your-set.html
Footwork along the net 6w /volleyball-drills/footwork-along-the-net.html
Four corners sprint 7w /volleyball-drills/four-corners-sprint.html
Hands over the net 6.3 /volleyball-drills/hands-over-the-net.html
Hitting in pairs 4w, 5w /volleyball-drills/hitting-in-pairs.html
Hitting lines 5.2 /volleyball-drills/hitting-lines.html
Jump program basics 4.3 /volleyball-drills/jump-program-basics.html
Match format with rotating serve 6g /volleyball-drills/match-format-with-rotating-serve.html

Neville's pepper (3v3) 7g /volleyball-drills/neville-s-pepper-3v3.html
Overhand passing gauntlet 3w /volleyball-drills/overhand-passing-gauntlet.html
Pair warm-up 1w /volleyball-drills/pair-warm-up.html
Passing triplets 2.1 /volleyball-drills/passing-triplets.html
Pepper series (build-up) 8w /volleyball-drills/pepper-series-build-up.html
Rally marathon 4v4 8.2 /volleyball-drills/rally-marathon-4v4.html
Serve receive lines with fixed target 2.2 /volleyball-drills/serve-receive-lines-with-fixed-target.html
Serve receive scored 0-3 2.3 /volleyball-drills/serve-receive-scored-0-3.html
Servers vs passers 2g /volleyball-drills/servers-vs-passers.html
Setter carousel 3.2 /volleyball-drills/setter-carousel.html
Shoulder activation with band 2w, 5w /volleyball-drills/shoulder-activation-with-band.html
Six-on-six complete rally 8g /volleyball-drills/six-on-six-complete-rally.html
Swing block: 3-step crossover 6.2 /volleyball-drills/swing-block-3-step-crossover.html
T-drill defensive footwork 7w /volleyball-drills/t-drill-defensive-footwork.html
Three-contact rally 1.3, 3g /volleyball-drills/three-contact-rally.html
Three-step approach 4.1 /volleyball-drills/three-step-approach.html
Triangle pass-set-attack rotation 3.1 /volleyball-drills/triangle-pass-set-attack-rotation.html
Triangle passing 1.2 /volleyball-drills/triangle-passing.html
Triples tournament 3v3 1g /volleyball-drills/triples-tournament-3v3.html
Wave pass through the hoops 6w /volleyball-drills/wave-pass-through-the-hoops.html
Wave passing to the coach 3w /volleyball-drills/wave-passing-to-the-coach.html
Wave run with a toss 2w /volleyball-drills/wave-run-with-a-toss.html

Appendix · every drill in this programme (continued)

Zone hitting

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