

Eight weeks of youth volleyball

A short block that gets the fundamentals in place

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 to lay a foundation. It works as a pre-season block, as an introduction for a group that has just come together, or as a reset after a long break. The first four sessions are all about ball control; the last four put the ball over the net and finish with a session of nothing but playing.

Who this is for

A youth team starting a season, a new group, or a squad whose basics have gone rusty. 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, the arm swing and a session of playing			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	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>
7	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>
8	Playing it all together The complete rally GAME Match with rotation	- Three contacts, every rally, no shortcuts - Everybody plays a position that is not theirs once - Coach on what goes well	<i>Everybody plays against every other group.</i>

Everybody on the ball

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

18.00 Warm-up 10 min	18.10 Core 5 min	18.15 Drill 1 18 min	18.33 Drill 2 18 min	18.51 Drill 3 18 min	19.09 Game 20 min	19.29 Finish 1 min
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Warm-up 10 min · whole group	Core 5 min · whole group together
SafeVolley base round koachvolleyball.com Easy jog the length of the court, coach runs along. Line tag koachvolleyball.com 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 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
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.	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.	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.
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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-up10 min · whole group

Core5 min · whole group together

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.

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

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

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

EQUIPMENT

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

Hands like a basket

FOCUS
Overhead passing

WHAT YOU ARE WORKING ON

1 Hands above the forehead, thumbs towards your eyes

2 Fingers spread, spring rather than slap

3 Get both feet under the ball

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

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Warm-up 10 min · whole group

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

Core 5 min · whole group together

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

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

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

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

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

DRILL 1
Technique
calm, lots of repetitions

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

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

DRILL 2
Application
with movement and pressure

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

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

DRILL 3
Play
the skill inside a game

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

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

Game
20 min · finish every session playing

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

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

COACHING POINTS

— Hands above the forehead, not in front of your face and not above your crown.

— One foot slightly forward; extend through the ball from your legs.

— If you have to reach, you left too late — read where the ball is going sooner.

EQUIPMENT
One ball per two, 12 hoops or cones

Moving to the ball

FOCUS
Getting to the ball early

WHAT YOU ARE WORKING ON

1 First step the moment the other side touches it

2 Big steps when it is far, small steps when it is close

3 Back to the middle after every contact

HOW YOU KNOW IT WORKED Pass into the hoop: eight out of ten.

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

Relay with cone slalom [koachvolleyball.com](#) 10 min
Relay with a cone slalom, two teams, ball handed to the next runner.

Core 5 min · whole group together

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

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

Run-throughs [koachvolleyball.com](#)
Run-throughs: the ball comes short and well in front of the player. Sprint through it and pass on the move to the target.
HOW TO SET IT UP
Two lanes, one tosser per lane feeding short from the net.
START HERE
The ball is thrown high and soft; the player may catch it on the move first.
BUILD TOWARDS
Short and low, and the pass has to land on the target first time.

> Keep moving through the contact — do not brake and then play.

DRILL 2
Application
with movement and pressure

Left-right shuttle passing [koachvolleyball.com](#)
Left-right shuttle passing: the tosser plays left and right in turn. Shuffle across, pass to the target, back through the middle.
HOW TO SET IT UP
One tosser, one target, a waiting line beside it. Swap every eight balls.
START HERE
Four balls a turn and halve the distance.
BUILD TOWARDS
Twelve balls a turn, and the tosser may tip short as well.

> Back to the middle after every pass — that is half the drill.

DRILL 3
Play
the skill inside a game

Forearm pass into the hoop [koachvolleyball.com](#)
Forearm pass into the hoop: the ball has to land inside the hoop on the floor. Instantly measurable and instantly addictive.
HOW TO SET IT UP
Three hoops at different distances, two lines taking turns.
START HERE
Big hoop, close in, ball thrown in.
BUILD TOWARDS
Small hoop at seven metres, fed off a hit ball.

> Pick your target before you play, not while you play.

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.

COACHING POINTS

— The first step is the important one, and it goes the moment the ball leaves their hand.

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

— Come to a stop before contact, however short that moment is.

EQUIPMENT One ball per two, nine hoops, cones, bibs

A serve you can repeat

FOCUS
A serve that works every time

WHAT YOU ARE WORKING ON

1 The same toss to the same spot every time

2 Flat hand, middle of the ball, stop the swing

3 Step in with the opposite foot

HOW YOU KNOW IT WORKED Everybody builds a fixed three-step serving routine.

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

Core 5 min · whole group together

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.

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
The attack approach

WHAT YOU ARE WORKING ON

1

Left-right-left with the last two steps the biggest

2

Arms back on the plant step, then hard up

3

Jump straight up and land on two feet

HOW YOU KNOW IT WORKED Reach mark on the wall; everybody gets their own marker.

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

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

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

Core 5 min · whole group together

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

1.

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

2.

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

3.

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

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

DRILL 1
Technique
calm, lots of repetitions

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

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 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-up 10 min · whole group

Relay with cones [koachvolleyball.com](#) 10 min
Relay with cones, in the teams you will play the tournament with.

Core 5 min · whole group together

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

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

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

DRILL 1
Technique
calm, lots of repetitions

Team serving challenge [koachvolleyball.com](#)
Team serving challenge: the whole team has to hit a streak (say ten in a row). One miss and it starts over.
HOW TO SET IT UP
Each team on one side, everybody serves in turn.
START HERE
Six in a row instead of ten.
BUILD TOWARDS
Fifteen in a row, and the last three have to land in a called zone.
> Back to the routine — this is exactly what we built it for.

DRILL 2
Application
with movement and pressure

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

DRILL 3
Play
the skill inside a game

Ball around the course [koachvolleyball.com](#)
Ball around the course: the whole group keeps the ball moving over mats and cones without letting it drop.
HOW TO SET IT UP
One course, everybody in. Count the record.
START HERE
Catching and playing on is allowed on the hard ones.
BUILD TOWARDS
Overhead only, and nobody plays two balls in a row.
> Look ahead to the next player, not at your own ball.

Game
20 min · finish every session playing

Match with rotation [koachvolleyball.com](#)
A full six on six where the team rotates after every rally.
RULE FOR TONIGHT Short matches, everybody against everybody. Finish with the whole group in one circle.

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

All the balls, mats, cones, bibs

Appendix · the core sets

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

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

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

Appendix · every drill in this programme

The 43 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.

Amoeba serving 8.2 /volleyball-drills/amoeba-serving.html
Approach with catch 6.2 /volleyball-drills/approach-with-catch.html
Arm swing against the wall 6.3 /volleyball-drills/arm-swing-against-the-wall.html
Ball around the course 8.3 /volleyball-drills/ball-around-the-course.html
Bonus-point game 7g /volleyball-drills/bonus-point-game.html
Circle keep-away — reaction game 3w /volleyball-drills/circle-keep-away-reaction-game.html
Dead fish 5.3 /volleyball-drills/dead-fish.html
Dynamic movement patterns 2w, 6w /volleyball-drills/dynamic-movement-patterns.html
Five-on-five full rally 6g /volleyball-drills/five-on-five-full-rally.html
Forearm pass into the hoop 4.3 /volleyball-drills/forearm-pass-into-the-hoop.html
Forearm passing gauntlet (12) 1.2 /volleyball-drills/forearm-passing-gauntlet-12.html
Four-corner passing loop 3.3 /volleyball-drills/four-corner-passing-loop.html
Four-on-four complete 3g /volleyball-drills/four-on-four-complete.html
Hitting in pairs 6w /volleyball-drills/hitting-in-pairs.html
Hitting lines 7.1 /volleyball-drills/hitting-lines.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 tag 1w /volleyball-drills/line-tag.html
Match with rotation 8g /volleyball-drills/match-with-rotation.html
Movement pattern with ball 2w /volleyball-drills/movement-pattern-with-ball.html
Overhand passing gauntlet 3.1 /volleyball-drills/overhand-passing-gauntlet.html
Pair warm-up 1.1 /volleyball-drills/pair-warm-up.html

Pass & weave 2.2 /volleyball-drills/pass-weave.html
Passing triplets 2.1 /volleyball-drills/passing-triplets.html
Queen of the court 2g /volleyball-drills/queen-of-the-court.html
Relay with ball skills 7w /volleyball-drills/relay-with-ball-skills.html
Relay with cone slalom 4w /volleyball-drills/relay-with-cone-slalom.html
Relay with cones 8w /volleyball-drills/relay-with-cones.html
Run-throughs 4.1 /volleyball-drills/run-throughs.html
SafeVolley base round 1w /volleyball-drills/safevolley-base-round.html
Serve + free ball wash game 5g /volleyball-drills/serve-free-ball-wash-game.html
Serving technique against the wall 5.1 /volleyball-drills/serving-technique-against-the-wall.html
Set-and-hit from position 4 7.2 /volleyball-drills/set-and-hit-from-position-4.html
Short court 2v2 1.3 /volleyball-drills/short-court-2v2.html
Shoulder activation with band 5w /volleyball-drills/shoulder-activation-with-band.html
Team serving challenge 8.1 /volleyball-drills/team-serving-challenge.html
Three-contact rally 2.3 /volleyball-drills/three-contact-rally.html
Three-step approach 6.1 /volleyball-drills/three-step-approach.html
Tips and roll shots only 7.3 /volleyball-drills/tips-and-roll-shots-only.html
Triangle passing 3.2 /volleyball-drills/triangle-passing.html
Triples tournament 3v3 1g /volleyball-drills/triples-tournament-3v3.html
Wave run with a toss 5w /volleyball-drills/wave-run-with-a-toss.html
Zone serving at targets 5.2 /volleyball-drills/zone-serving-at-targets.html