

# Building Drills

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### General Guidelines

- 1) Start with the end in mind
- 2) All drills should have a purpose
- 3) All drills should have a name
- 4) Maximize player involvement
- 5) Maximize ball touches
- 6) Pace and tempo are critical
- 7) All drills should have a goal (time/points)
- 8) Let the ball be the teacher

### Examples of building drills

- Problem: Opponents scoring on dump set
- Solution: “Dig the Dump”  
“Setter Dump Warm-up”
  
- Problem: Low hitting efficiency from left side
- Solution: “LF Transition – No Help”  
“LF Transition w/Help”  
“LF/LB Transition”  
“5 vs. 5 Left-Side Wash”
  
- Problem: Low side-out offense percentage
- Solution: “Pass 50 in 5”  
“Set 50 in 5”  
“Kill 50 in 5”  
“First Swing Side-Out Wash”  
“99”
  
- Problem: Low transition scoring percentage
- Solution: “Serve Receive Rally”  
“Free Ball 20”