

RUNNING A PRACTICE ON THE COURT

HAVE A PLAN ON DAILY, WEEKLY AND SEASONAL GOALS

USE THE COURT FOR ALL POSSIBLE ACTIVITIES

INTRODUCTION GAME-OVER THE NET ACTIVITY

STRETCH AND WORK ON BASIC MOVEMENT PATTERNS

SEQUENCE OF BALL HANDLING ACTIVITIES

SERVE/PASS

DIG/SET/ATTACK SEQUENCE

FOCUS OF THE DAY

GAME SITUATIONS

COMPETITION

COOL DOWN AND FEEDBACK

DRILL DESIGN AND IMPLEMENTATION

- I. The purpose of Drills
 - A. To teach Players the fundamentals
 - B. To apply the fundamentals to the game
 - C. To develop a team philosophy and attitude

- II. Categorization of Drills
 - A. Cards
 - B. Booklet
 - C. Computerized Printouts
 - D. Keep mine in books

- III. The Theory of Drill Development
 - A. Considerations for successful use of drills
 - 1. Most contacts as possible (especially with younger players)
 - 2. Time commitment
 - 3. Becoming proficient
 - 4. Maximize space limitations
 - B. Categorizing of drills
 - 1. Beginning Stage
 - a) Progression
 - b) Repetition
 - c) Proficiency
 - 2. Advanced Stage (as game like as possible)
 - a) Combination
 - b) Group
 - c) Team
 - d) Pressure
 - e) Coach Oriented
 - C. Single Player and Combination Drills
 - 1. Learn Fundamentals
 - 2. Application of fundamentals in sequence as applied to a game situation
 - D. Team Drills
 - 1. Learning to work as a unit-place the players in correct positions
 - 2. Serve Reception
 - 3. Applying skills as they would be used in a game
 - 4. Learning the coverage and transition
 - 5. Game situations – environment/scoring scenarios

- E. Pressure Drills
 - 1. To push players to a psychological limit
 - 2. To push players to a psychological limit
 - 3. To create tension and anxiety in order to teach a player to cope
 - 4. To develop a team philosophy and attitude
 - 5. Creating a fighting spirit!!!

- F. Coach Oriented
 - 1. Better control of drill
 - 2. Better performance from players
 - 3. Men – Can be player oriented – better ball control

IV. Considerations for selecting and Creating Drills

- A. Drills should be game-like
 - 1. Use of the court and net
 - 2. Position of players
 - 3. Type of offense and defense
 - 4. Sequence of movements should be game-like
- B. Physical Condition of Athletes – do it through the drills if possible
- C. Dumber of Players Per Drill
 - 1. Active learners
 - 2. Shaggers
- D. Number of balls an special equipment needed
- E. Performance Goals and is the Drill Teaching what you want it to teach

V. Summary

- A. Be Creative
- B. Analyze the drills
- C. Challenge the best to get better