**Volleyball skills and drills for beginners pdf**

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Whether you’re new to volleyball or training kids to fall in love with the game, you’ll benefit from trying these 15 fun volleyball drills for beginners. To get the most out of these volleyball beginner drills, watch the above 30-minute video led by Deborah Newkirk of Coach ‘Em Up. Each drill is timestamped in the video, so you can skip ahead to the drill you want to try! Coach Newkirk, assisted by Coach Karen, demonstrates fun and basic volleyball drills to improve serving, passing, hitting, setting and more. Try them to get kids and novice players excited about the game of volleyball! Volleyball Practice Drills to Improve Basic Skills In this segment, you’ll see a number of drills you can apply to your next volleyball practice. You’ll notice the use of energy checks interspersed throughout the practice session to keep momentum and engagement high. Follow along as our coaches take these beginner players through jam-packed volleyball practice drills. 1. Energy Check Drill When team energy dips, boost it with a quick energy check! Players place a volleyball between their knees, then clap out a rhythm on their thighs and hands, followed by a jubilant shout of “volleyball!” 2. Down Ball Hitting Drill Warm up your players’ hitting hands with this simple drill. Athletes position the ball in front of their hitting shoulder, then strike the ball against the floor using the entire area of their hitting hand. 3. Toss Up Setting Drill Train players on proper ball and body position while setting. Athletes place one foot slightly ahead of the other, then toss the ball above their heads and catch it with fingers spread. 4. Fizzles Setting Drill Help players get a feel for the ball in their hands with “fizzles.” Players toss the ball above their heads, then set a low ball to themselves for three reps. 5. Four Sets Drill Work on low-to-high ball control with this basic setting drill. Players set a low ball to themselves for three reps, then finish with one high set. 6. Low Catch Passing Drill Get players used to handling the ball in a low body position with this beginner passing drill. Athletes toss the ball high into the air, allow it to bounce once, then catch it just before it hits the floor a second time while in a low base. 7. Volleyball Burpee Passing Drill This is one of many useful volleyball passing drills for beginners. It is a progression of the low catch passing drill that teaches players to move with the ball. After catching the ball in a low position, players tap it on the floor to the right, middle, and left of their bodies, then pop up to a standing position. 8. Deliver and Pop Serve Drill Get players comfortable with the overhand serve toss by teaching them to “deliver” the ball at the top of their reach, then drop the ball to the floor. Next, have them add a small toss at the delivery point, then contact the ball with a “pop” from their serving hand. 9. 10 to Kill Ball Control Drill Practice ball control with this cooperative 6 vs. 6 drill that encourages both teams to work together. Once the ball has crossed the net 10 times, either side can attempt a kill to win a big point. The first team to score five big points wins! 10. Popcorn Ball Control Drill Get athletes comfortable with ball control using “long and strong” arms. Players bounce a volleyball from arm to arm using a single bounce, then progress to a double bounce. 11. Big Kernel Little Kernel Ball Control Drill In this variation on the popcorn drill, players practice control by bouncing a ball from arm to arm using a little bounce, big bounce pattern. 12. Five-Second Rule Ball Control Drill Challenge your players with this variation on the popcorn drill that requires them to touch the floor on alternating high bounces. 13. Muscle Memory Throws Drill In this partner drill, players practice four muscle memory throws that help them develop proper hitting and serving technique. 14. Serve Receive Wave Drill Servers send balls across the net and opposing passers return the ball to a target player. After 10 good passes, servers and passers swap positions and the drill repeats for another 10 points. 15. Flip Flop Passing Drill Two players take turns tossing balls to a passer between them. After passing the ball to the first tosser, the passer rotates 180° to receive and return the ball to the second tosser. Need more volleyball drills for beginners? Improve fundamental volleyball skills and techniques with the Youth Volleyball Drill Book by The Art of Coaching Volleyball! This exclusive guide features 120+ beginner volleyball drills that are fun and effective. Youth players (ages 5 to 12) will enjoy these fun volleyball drills that cultivate enthusiasm for the game. Score your copy of the Youth Volleyball Drill Book or purchase it as a digital download! Looking for more? Browse our extensive library of volleyball drill videos and blog posts to see a variety of coaching tips and volleyball practice drills to implement in your next training session. Explore some fun volleyball drills for beginners. Do you ever feel you are running the same practices over and over again – and the players maybe getting tired of those? How about letting them play? Wouldn’t that be fun? After basic skills have been introduced and the players skills allow the coach should starting running various games in practice. Many other sports, for example soccer (football for non-us people) or basketball have been successfully using one-on-one, two-on-two, or three-on-three person games very effectively. There have been several superstars in both of those sports who have said they gained their skills by playing 1-on-1 basketball or indoor soccer (futsal for non-us people). What kind of 1-on-1 games we could play in volleyball? Form one player teams to maximize the ball contacts. Practice bumping by allowing only one contact per team, which makes the game a fast tennis-like game, which teaches footwork very effectively. The rallies need to be long, so players are able to get many reps in the short period of time. Use small court size. The court size depends on how experienced the players are. For beginners the court size could be around 10 by 20 feet (3 X 6 meters), which makes one court side 10 by 10 feet (3 X 3 meters). More experienced players could use a court size of 10 by 15 feet (3 X 4,5 meters) or 15 X 15 feet (4,5 X 4,5 meters). 1 on 1 Warm Up Game - 10X15 or 10X10 court - Passing - 1 contact only Require players to use shuffling – to make multiple short shuffle steps in movement – instead of just taking one big leap and reaching to the ball. This is helps them to learn quick shuffling footwork. Other option is to do it shuffling drills without the ball, but it is much more fun to practice footwork while playing :) Make the court bigger. You could make it all the way up to half court - maybe leaving inside 10 feet line (3 meter line) off limits. In this game players learn to contact ball high – not just in optimal position in front of the hips. 1 on 1 Warm Up Game - Half Court - Front Row Offlimits - Passing - 1 contact only The coach should pay attention to passing techniques and push players to get “behind the ball” when contacting it. However, this game - especially when making the court longer - teaches players to contact the ball “high on the right side and left side of the player”. Those are commonly used techniques in the match, in addition to the norm of getting “behind the ball” where you pass the ball in front of the hips. Other Volleyball Drills for Beginners - How to practice volleyball setting skills? Example 2: How to Improve Volleyball Setting Skills? 1 on 1 Warm Up Game - 10X15 or 10X10 court - Setting - 1 contact only Run the same games than above with finger setting to improve setting or overhead serve receive skills. So, you play 1 on 1 and set the ball over with one contact only. Variation 1: Developing Quick Feet When playing on the smaller 10X15 court focus on the quick footwork, shuffling. Do not allow players to take big leaps. 1 on 1 Warm Up Game - Half Court - Front Row Offlimits - Setting - 1 Contact Only Use half court. Make front row off limits. Players set the ball with one contact to the back court. You may want to make this 15X20 court a bit smaller, if the players do not have enough power to set all the way to the back. Use this half court with front row offlimits for the rest of the games. Certainly you can adjust the court smaller to keep the rallies long - or bigger to make it more challenging. Use the half court with front row offlimits (20X15 on the right) in the following volleyball drills for beginners. Starting players could use a smaller court (for example 10X15 or 10X10). The goal is the ball flies over the net for a long time. The coach needs to adjust the court size according the player's skill level. Volleyball Setting to Long Distance II Example 3 - Two Contacts, Pass to Yourself - Set Over Allow 2 contacts before hitting the ball over. For example 1st contact with passing and 2nd contact by setting. This is an excellent opportunity to teach setters and other players "a run through step" when setting to long distance. This stepping forward happens almost automatically when they really have to push the ball to the back court. (This is one of the reasons to make the front row offlimits). Improving Volleyball Overhead Serve Receive Skills Example 4: Two Contacts, Set to Yourself - Bump Over You could also change it the other way around. Players set to themselves and then bump the ball over. Volleyball Drills for Beginners and Spiking -How to Spike the Volleyball? How to Learn to Pass a Top Spin Serve? Example 5: 2 Contacts, Pass/Set to Yourself - Spike Over Players take the first contact either by setting or bumping - and you let them spike the ball over feet on the ground. Learning to Spike Volleyball. Receiving a Top Spin Serve. Example 6: 3 Contacts, Pass-Set-Spike Allow players to do three contacts. Pass-Set-Spike. When players spike feet on the ground, then the rallies will be much longer. How to Learn Tomahawk or Knuckles in Volleyball? You could also give players special rules, which they have to follow. For example you could require players to do some "emergency hits" which usually are not practiced that much. Enforce different rules, i.e. 1) the first contact need to be made by one-handed bump serve receive, or 2) the player needs to put the ball over by knuckles or tomahawk. Use 1, 2 or 3 contacts – whichever you prefer. The games you can make up are unlimited. Tips for these Volleyball Drills for Beginners Use two-player teams - if you only have only one volleyball court in use. You could form two-player teams, if you have many people in the team and only one court. You could also have extra players waiting their turn to sub in. You could sub a player in after each rally, or when a team loses a rally. These drills are extremely tough since players have to move fast and the rallies are long. Players are more than happy to rest after a long rally. If the players are very skilled and are able to move fast, you should make the court bigger, 15X30 (the half court), even for one-player teams.

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