



## Coaching Youth Volleyball Tips

1. **Go to each practice with a plan** – list your drills and the amount of time you plan to spend on each drill. Stick to the plan. It is often easy to lose their attention when you over do one drill/skill until it is “*perfected*”. State the goal or skill they should learn from each drill. Don’t have too many drills planned for each practice.
2. **Keep them moving** - Make sure all players have several touches on the ball during drills, as well as regular rotation of positions during practices, scrimmages and games
3. **Make practice fun for you and your players!** Short simple instruction, do not lecture. Demonstrate everything while teaching and have them repeat back your quick cues. Teach them what volleyball listening looks like – *eyes on the ball, eyes on coach and lip-zipped*. PRAISE. PRAISE. PRAISE.
4. **Play skill games (examples)**

**PASSING**-This youth volleyball drill is a fun way to help a team learn to work together, and keep the ball in the air. Divide the court into 3 equal areas with a line across the length of the court. 8 players per small court.

### **Rules**

- Throw the ball across the net first time under arm with straight arms or 1 arm overhead and 1 straight arm underarm. These are all volleyball typical throws related to the real actions.
- For every team the following rule counts after the ball is thrown the team rotates clockwise one turn.
- Every time the ball is dropped the player that drops the ball has to leave the field, players rotate in a triangle and 2 players switch places. First team to lose all players loses the point.

### **Coaching Points**

If a team catches the ball 3 times in a row one of the players on the side may join back in.

**HITTING**-This youth volleyball drill is for more advanced volleyball players to help improvement the movement between teammates while setting, digging, and smashing. Player 1 sets the ball to player 2 who sets the ball back to player 1 then defensive digs the ball up in the air to player 3 who sets to player 2 to smash to player 1.

### Coaching Points

**FOR DEFENSIVE DIG:** Knees bent and legs just wider than shoulder width apart Eyes on the ball to the point of contact with wrists, ensuring wrists are together Head level with the ball at point of contact Ensure power through the arms to get the ball over the net.

**FOR SET:** Eyes up looking at ball trajectory Knees bent on balls of feet bending the elbows and pushing through the ball with fingers at point of contact.

**FOR SMASH:** Eyes on the ball, other arm used as a guide Player leans slightly back prior to contact with the ball Upon contact, push body weight forward to generate power through the shot Stay tall on balls of feet Keep knees bent.

**SERVING-**This youth volleyball drill will help to improve a players serving accuracy while helping the other player move to the ball. Players 1 and 2 serve 5 balls each. Player 3 and 4 pass the ball to player 5 who catches the ball and rolls it back under the net to the servers. Servers should try and serve into the open court to make it difficult for the receivers.

### Coaching Points

- First look at the target before serving

**SETTING-**This youth volleyball drill is for players to be able to control the ball over differing distances. Again this can either be measured by time or number of good volleys. Start the ball with one of the middle players who volley the ball to the middle player. Then they volley it back to the outside player who then volleys over the two middle players to the outside player on the opposite side. As the other players are working the players that have just worked change places and repeat.

**Here are a few good websites to get practice plans/drills and many coaching tips!**

[www.bestvolleyballdrills.com](http://www.bestvolleyballdrills.com)

[www.y-coach.com](http://www.y-coach.com)

[www.weplay.com/youth-volleyball/drills/skills/beginner](http://www.weplay.com/youth-volleyball/drills/skills/beginner)