

**Volleyball Skill Tips**  
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**1) Serving**

**a. Skill Tips**

Hand high –open, semifist, closed  
Side to net (45 )  
Toss, step, swing, high five  
See hand hit the ball

**b. Strategy**

Side to side  
Short-Deep  
Zones  
Holes on court  
Bad passers

**2) Passing**

**a. Skill Tips**

Shoulders stay down, body stays in low position  
Get behind the ball  
Move catch ball between legs  
Let it bounce between legs  
Create space

**b. Strategy**

Passing Lanes—short right and deep left  
Set up and call it everytime  
Player communication—want the ball.  
Pass as a unit

### 3) Hitting

#### a. Progression

1. Wristing  
Feet 45  
Both hands up  
Open hand, Snap
2. Jump approach  
Short to long, slow to fast  
Start with 3 step  
    Outsides—3 step and 4 step  
    Middles---3 step and 2 step  
Rt. Handed hitter---left, right, left.  
    Tempo  
Feet 45
3. Arm swing  
Forward (even)  
Back (touch the chair)  
Sit in the chair  
Both hands up  
Reach and Snap  
One pulls other through
4. Drills
  1. Approach and swing—use quick toss to work only on approach
  2. Approach and rebound—coach tosses high outside
  3. Approach and hit off head---get feet to the ball
  4. Approach and hit high

#### b. Strategy

1. Hit around court  
Line, cross seam, cross corner, sharp cross
2. Middles  
Rt. Corner, rt.sharp angle, lt corner, lt sharp angle, snap middle

#### 4) Defense

- c. Attitude –Pride
    - Nothing brings the crowd to their feet then a great defensive effort
    - I will touch every ball
    - No ball hits the ground in my area
    - Go for everything—sell out
  - d. Varsity—Someone runs defense
    - Libero or most experienced (court leader)
    - She knows hitters tendencies and has great court vision.
    - She constantly communicates that to other players.
  - e. Reading
    - Read the pass—pass determines the hit
    - Bad pass usually goes outside
    - Read the set---
    - Toss and show them where most hitters will hit
    - Read the hitter coming to the ball
  - f. Placement
    - Everyone has a place and coverage no matter the set or hitter coming to the ball. Court is protected at all times.
- Some kids are natural, some have to be taught.
- g. Digs—high and to the middle
    - Setter must talk

#### 4) Team play progression

Most of the game is played out of transition.  
Most games are won or lost by how the team transitions.

- a. Teach Freeball 1<sup>st</sup>.
  - Start in Base and move off into W formation
- b. Overpass
- c. Downball
- d. Defense
- e. Serve Receive
  - Most coaches teach this first and then play is stagent because movement patterns are stagent—here to there. Does not replicate game of volleyball.