

Warm up (30 minutes) – U12

1.1 Dynamic stretch & movement prep (~15 min)

- **Jogging (3 laps around the court, jog on the toes)**
Light jog on toes → builds ankle stability.
- **Highknee**
Take 1 step, use both hands to hold the knee to chest, pause, switch legs.
Cue: “Tall chest, balance.”
- **Reverse highknee**
Take 1 step forward, put 2 hands behind and hold the foot.
Cue: “Knee points down, don’t arch back.”
- **Mario jump**
Take 1 step, jump straight up on 1 leg while swinging the opposite hand.
Cue: “Explode up, land soft.”
- **Lunges**
Step forward, bend both knees ~90°, chest tall, arms can go overhead.
Cue: “Big step, knee above ankle, don’t lean forward.”
- **Backward lunges**
Step backward, bend knees, control balance.
Cue: “Stay tall, push back to start.”
- **Tose touch**
Kick 1 leg as high as you can, use opposite hand to touch toes at highest point.
Cue: “Controlled kick, not swinging.”
- **Side shuffle**
Stay low, move slowly, keep hips stable, avoid bouncing hips.
Cue: “Chest up, hands ready like defense.”
- **Bear craw**
Keep hips low, knees close to the ground, steps short.
Cue: “Back flat, small crawl.”
- **Crab walk**
Put 2 hands backward, tighten back, lift hips, walk forward/backward.

Cue: "Hips up, strong arms."

Blocking drill (~5–7 min)

- Divide into 2 lines facing each other on opposite sides of the net.
- In pairs, count "1, 2, 3," take a big step, then jump together trying to reach hands over the net.
- Move along the net until finished. Do 4 times.

Cues:

- "Jump together!" (team timing).
- "Reach high, land soft."
- "Don't swing arms down too fast."

Why it's good for U12: builds safe jump/land mechanics, teaches teamwork, introduces net play.

1.2 Caroussel (~10 min)

- Make 4 lines in the 4 corners of the court.
- Two opposite lines have balls (throwing lines).
- Player throws the ball over their head across the net → communicates "Ball!"
- Receiving player catches the ball, yells "Mine!" → then moves to next line.
- Everyone rotates in a circle (carousel).

Progression:

1. Throw → catch.

2. Throw → self-pass → catch.
3. Pass directly to teammate instead of catch.

Cues:

- Always call “Mine!” before touching.
- Quick rotation, no standing still.
- Progress only when players are in control.

Why it's good: develops communication, reflexes, ball tracking, and keeps kids active without long waiting lines.

Agility Drills – U12

Drill 1: Lateral Hurdle Hops

Setup: Place 4–6 low hurdles (cones if no hurdles) in a straight line.

Execution:

- Jump laterally over each hurdle with both legs.
- At the last hurdle, either:
 - Perform a max vertical jump (like a block), OR
 - Quickly change direction and return through the hurdles.

Reps: 3–4 sets × 6–8 hurdles.

Drill 2: Lateral 2-Step Jump & Return

Setup: Straight line of cones or tape. Start on left side, facing sideways.

Execution:

- Take 2 steps to the right → jump laterally across the line with both legs.
 - Take 2 steps to the left → jump back across.
 - Continue rhythm (2 steps + jump each way).
Reps: 3–4 sets × 5–8 cycles (there + back = 1).
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Drill 3: Lateral → Backward → Vertical Jump Combo

Setup: Straight line of cones or tape. Start on one side, facing sideways.

Execution:

- 2-step lateral move → jump over the line.
 - 2-step backward → vertical jump (mimic block).
 - Repeat sequence.
Reps: 3–4 sets × 5–6 cycles.
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Drill 4: Side Shuffle Drill

Setup: 1 line of cones down the court. Players form 2 lines at the baseline. 4 flat cones at the far end.

Execution:

- Shuffle low to the first cone → shuffle back.
 - Shuffle to the next cone → shuffle back.
 - Continue until last cone.
 - At the end, perform 4 big jumps through flat cones, then jog back.
 - Next players start when the first pair reaches mid-line.
Reps: 3–5 rounds per player.
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Drill 5: Double-Leg High Knee Jumps + Sprint + Single-Leg Cone Hops

Setup: 2 lines of players at baseline, facing net. 2 parallel cone lines on right & left sides of court.

Execution:

- From baseline, perform 5 double-leg high knee jumps in place.
- Sprint to the net as fast as possible.
- Move to cone line:
 - Right side = single-leg hops forward over cones.
 - Left side = repeat with other leg.
- Jog back to start.

Reps: 3–4 rounds per player.

Carp Walk Drill

Setup:

- Coaches set up two straight lines of cones parallel to each other.
- Players form two lines at the starting point.

Execution:

- Players move like a carp (fish-like movement), using a wavy, side-to-side motion as they move forward to the last cone.
- Once they reach the last cone, they move backward using the same motion to return to the starting line.
- The next two players start once the first pair reaches the middle of the cone line.
- Engage arms for better coordination with leg movements.

Volleyball Drill



Passing Drills

Drill 1: Basic Passing (Fundamentals)

Setup:

- Players form one line at the end of the court.
- Coach stands in front with the ball.
- One student steps out of the line and stands next to the coach (the “catcher”).

Execution:

1. Coach tosses a free ball to the first player in line.
2. The player passes (forearm pass) to the catcher.
3. The catcher catches the ball and hands it back to the coach.
4. After passing, the player goes to the end of the line.
5. After catching, the catcher joins the end of the line and the next player steps up to be catcher.

Coaching Tips:

- Stay low with knees bent, platform out early.
- Step forward to meet the ball instead of waiting.
- Angle the platform to the target (the catcher).
- Emphasize accuracy and control over power.

Drill 2: Jump-Stop Passing Progression

Objective:

Teach players to move to the ball, stop with control (jump-stop), and deliver a stable pass.

Level 1: Jump-Stop Passing to Catcher

Setup:

- 1 main line of passers.
- 1 catcher beside coach (ball basket with coach).
- 2 flat cones placed sideways, shoulder-width apart, where the passer will land.

Execution:

1. Coach claps → first player sprints to cones.
2. Player performs a small jump-stop (both feet land on cones).
3. Coach tosses a free ball.
4. Player passes to catcher → becomes the new catcher after the rep.

Progression:

- Start with slow tosses.
- Increase toss speed/earlier release to force quicker movement.

Coaching Tips:

- Don't pass while running → stop first.
 - Keep the platform straight, strong, and still.
 - Reinforce the cue: "Stop before you pass!"
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Level 2: Jump-Stop Passing with Rotation**Setup:**

- Same as Level 1, but cones are placed diagonally from the coach (not straight ahead).
- 1 catcher remains beside the coach.

Execution:

1. Coach claps → passer sprints to cones, lands with jump-stop.
2. Coach tosses the ball.
3. Player rotates hips + shoulders toward catcher and passes.
4. Passer becomes catcher, catcher goes to line.

Progression:

- Start with easy tosses.
- Increase speed and variety (short, deep, wide).

Coaching Tips:

- Teach “Feet to the ball, shoulders to the target.”
 - Emphasize: Stop → Angle → Pass.
 - Have players freeze after passing to check form.
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Level 3: Multi-Direction Jump-Stop Passing**Setup:**

- 4 cones on court: 2 to the left, 2 to the right (spaced for shuffle movement).
- Coach with ball basket.
- No catcher — players collect their own ball after passing.

Execution:

1. Coach claps → passer runs to either left or right cone (coach decides with toss).
2. Player performs jump-stop on cones.
3. Coach tosses → player passes ball back toward coach’s side.

4. Immediately shuffle to the opposite cones, stop, receive another toss, and pass again.
5. Player retrieves ball and rejoins the line.

Progression:

- Begin with predictable direction.
- Advance to random tosses left or right.

Coaching Tips:

- Stay low when shuffling, don't cross feet.
- Always stop before passing.
- Focus on controlled, high-quality passes over speed.

Drill 3: Bounce and Pass

Objective:

Develop control, timing, and consistency in passing by using the floor as a “partner.”

Execution & Levels:

- **Level 1 (Individual):** Toss ball high, let it bounce once, then pass it up with proper form.
- **Level 2 (Individual – harder):** Same as Level 1, but let the ball bounce twice before passing.
- **Level 3 (Pairs – one bounce):** Student A lets the ball bounce once and passes it; Student B waits for one bounce before passing again.
- **Level 4 (Pairs – two bounces):** Same as Level 3, but allow two bounces before passing.

Coaching Tips:

- Keep arms locked and platform flat.
 - Use legs to drive the ball upward.
 - Patience is key when working with extra bounces.
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Drill 4: Circle Passing

Setup:

- Students stand in a circle (6–10 players).
- Start with 1 ball in play.

Execution:

- Players keep the ball in the air by passing to each other.
- Focus on high, controlled passes.
- Adjust quickly to save off-target passes.

Progression:

- Start with 1 ball.
- Add a second ball for challenge.
- Shrink the circle size to make reaction faster.

Coaching Tips:

- Communicate clearly (“Mine!”).
 - Focus on control, not speed.
 - Encourage effort to keep the ball alive.
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Drill 5: Short Ball (Tipping Reaction)

Setup:

- Students line up behind the end line.
- Coach stands on the opposite side with a ball.

Execution:

1. Coach tips or hits the ball short toward the court.
2. Player sprints forward from the end line.
3. Player either passes it up, touches it with control, or catches it (beginner).

Progression:

- Start with catching.
- Move to controlled passing.
- Add faster or angled tips from the coach.

Coaching Tips:

- First step must be explosive forward.
 - Stay low on approach.
 - Reinforce “play every ball up.”
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Drill 6: Under-the-Net Passing

Setup:

- Coach stands on one side of the net with a ball.
- Students start on the opposite side.

Execution (Levels):

- **Level 1:** Student goes under the net, receives a free ball, and passes it.
- **Level 2:** Coach snaps the ball down quickly → student must get under the net faster and pass.
- **Level 3:** Place 1 cone under the net. Student passes a free ball, moves around the cone under the net, then passes another ball.

Coaching Tips:

- Emphasize staying low and balanced.
 - Quick reactions are key.
 - Focus on smooth, controlled passes.
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Drill 7: Figure-8 Passing Shuffle

Setup:

- Place two lines of cones in parallel (2–3 meters apart).
- Students form one line at the starting cone.

Execution:

- First student shuffles in a figure-8 pattern around cones.
- Hands stay in ready passing position.
- Coach randomly tosses balls during movement; student must pass back and continue the shuffle.
- After finishing, student rejoins line.

Progression:

- Increase cone spacing for speed.

- Toss balls at different speeds/angles.
- Require 2 consecutive successful passes per student.

Coaching Tips:

- Stay low and balanced throughout shuffle.
 - Stop before passing.
 - React quickly without losing passing form.
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Drill 8: Rolling Ball Stop & Dive

Setup:

- Students form 1 line behind the end line.
- Coach stands to the side, near midcourt, with balls.

Execution:

1. Coach rolls ball quickly toward the net.
2. First student sprints forward to track it.
3. Student must stop the ball with their hand before it reaches the net (safe diving allowed).
4. Return ball to coach and rotate.

Progression:

- Start with slow rolls.
- Increase speed and randomize direction.
- Add timed challenges.

Coaching Tips:

- Encourage aggressive pursuit of every ball.
- Teach safe diving technique.
- Keep hands low and ready.
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Spiking Drills

Drill 1: Small Ball Catch (Wrist Control)

Setup:

- Each student has 1 small ball (tennis ball, rubber ball, etc.).
- Stand in place with arm extended forward, palm facing down.

Execution:

1. Hold the ball in hand, arm straight, palm facing the floor.
2. Use only the wrist flicking downward to pop the ball slightly upward.
3. Catch the ball again with the same hand.
4. Repeat continuously, focusing on smooth, controlled movement.

Variations:

- Beginner: Toss and catch low, just above the hand.
- Intermediate: Toss higher (shoulder level).
- Advanced: Use two balls, alternating hands.

Coaching Tips:

- Keep elbow locked, only wrist moves.

- Maintain control, don't throw too high.
 - Always watch the ball for better hand–eye coordination.
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Drill 2: Arm Swing Progression

Goal: Practice proper arm swing mechanics for spiking.

Setup:

- Students line up in front of the net.
- Coach stands on the side with balls.
- Next student collects balls if needed.

Execution:

1. Students face sideways to the net.
2. Coach tosses a ball toward hitting hand side.
3. Student performs arm swing and spikes the ball.

Progression Levels:

- **Lv1:** Stand sideways, spike under the net.
- **Lv2:** Get down on hitting-side knee, spike under the net.
- **Lv3:** Stand and spike over the net.
- **Lv4:** One knee, spike over the net.
- **Lv5:** Stand on a box/platform, spike over the net.

Coaching Tips:

- Shoulder stays open until final swing.

- Contact high with full arm extension.
 - Emphasize fast elbow–whip motion.
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Drill 3: 3-Step & 2-Step Approach

Setup:

- Students line up on left side, behind the 3-meter line.
- 5 cones placed evenly along the 3-meter line (both sides).

Execution:

1. First student starts at cone and performs 3-step approach (L–R–L for right-handers).
2. After finishing, jogs back to line, next student starts.
3. Continue until all students complete at each cone.

Progressions:

- **Level 1:** Practice only 3-step approach at cones.
- **Level 2:** Practice 2-step approach (R–L for right-handers).

Coaching Tips:

- Focus on rhythm: slow–fast–explode.
 - Emphasize powerful last two steps.
 - Keep arms coordinated with footwork.
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Drill 4: Spiking with Set Progression

Setup:

- Two student lines, one on each side of the net.
- Coach acts as setter (ball basket ready).

Execution:

- **Lv1:** Students approach → coach sets ball → student spikes.
- **Lv2:** Coach tosses ball first → student passes → coach/setter sets → student spikes.
- **Lv3:** One line is passers, other line is spikers. Coach tosses to passing line → pass to coach/setter → set to spiker → attack.

Coaching Tips:

- Teach timing with setter: jump after set is released.
 - Stay behind ball before approach.
 - Contact high, snap wrist for control.
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Drill 5: Wall Spiking

Setup:

- Each student has 1 ball.
- Stand a safe distance from the wall.

Execution:

1. Keep elbow high, in hitting position.
2. Perform full arm swing, spiking the ball to the wall.
3. Focus on controlling power and accuracy.

Coaching Tips:

- Start slow, emphasize mechanics before speed.
 - Use wrist snap to control rebound.
 - Encourage high elbow position on every rep.
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Drill 6: Spike from 1-Knee Transition

Setup:

- Students hold ball behind the net.
- Begin on one knee.

Execution:

1. Student starts on one knee, then quickly stands up.
2. Perform 2–3 step approach.
3. Toss ball up and spike over the net.

Coaching Tips:

- Focus on explosive movement from low to high.
- Toss ball slightly in front for timing.
- Maintain balance after landing.



Setting Drills

Drill 1: Kneeling Form Setting

Setup:

- Each student has one ball.
- All players kneel on the ground to focus on hands/arms only.

Execution:

- **Hand Positioning:**
 - Form a triangle/diamond shape with thumbs and index fingers.
 - Place hands gently on the ball without grabbing.
 - Move hands to the forehead while keeping the shape (setting window).
- **Setting Motion:**
 - Push the ball upward using thumbs and wrists.
 - Keep the platform above the forehead.
 - Fully extend arms on contact with the ball.
 - Finish with quick, clean release to avoid carries.

Progression:

- Start with self-setting (10–15 reps).
- Move to partner work: one kneels and sets to partner, partner catches and tosses back.

Coaching Tips:

- Keep elbows slightly out, not tucked in.
- Finish with straight arms and fingers pointing upward.
- Eyes should track the ball after release.

Drill 2: Bounce Setting Drills

Level 1: It's Bounce 1

Objective: Improve timing and positioning.

- Toss the ball straight up.
- Let the ball bounce once.
- Move under the ball and catch it in setting position.
- Repeat several times.

Level 2: It's Bounce 2

Objective: Train players to stay low for ball control.

- Toss the ball, let it bounce twice.
- Stay low so the ball is still above the forehead.
- After the second bounce, set the ball high.
- Let it bounce twice again and repeat.

Coaching Tips:

- Read and predict where the ball will drop.
 - Move quickly but stop in control.
 - Keep the ball above forehead, not in front of face.
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Drill 3: Under-Net Setting Drill

Setup:

- Students line up on one side of the net.
- Coaches on the other side with balls.

Execution:

1. Coach claps to signal start.
2. Student ducks low, goes under the net, and pops up on the other side.

3. Coach bounces a ball once.
4. Student moves under the ball and sets it back to coach.
5. After setting, return under the net and rotate.

Progression:

- For advanced players: coach bounces lower/faster for quicker reaction.
- Add rule: must call “Mine!” before setting.

Coaching Tips:

- Stay low and balanced under the net.
 - Hands ready early in setting position.
 - Extend fully for a clean, controlled set.
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Drill 4: Keep It Going Drill

Setup:

- Students in a line facing coach.
- Coach with ball basket.

Execution:

1. Coach tosses a free ball to the first student.
2. Student sets ball back to coach.
3. Coach immediately tosses/set to next student.
4. Continue in rhythm without breaks.

Coaching Tips:

- Encourage quick reactions and readiness.
- Focus on keeping hands consistent for every set.

- Prioritize clean release to avoid carries.
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Drill 5: Wall Setting Progression

Setup:

- Each student has a ball.
- Stand 1–2 meters from wall.

Execution:

- **Level 1:** Set ball against wall repeatedly, same target spot.
- **Level 2:** Small set (short touch) then regular set to wall.
- **Level 3:** Set ball while squatting down slowly, maintaining control.
- **Level 4:** Set ball, then rotate body around while continuing to set.

Coaching Tips:

- Use legs for power, not just arms.
- Keep platform stable above forehead.
- Aim for consistency: same spot on wall every rep.
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Serving Drills

Drill 1: Into the Hoop (Serve Toss Control)

Setup:

- Place 1 hoop on the floor in front of each student (about 1–2 feet ahead).
- Students line up in serving stance with a ball each.

Execution:

1. Students practice the underhand serving motion without sending the ball over the net.
2. Instead of hitting, they gently toss/drop the ball forward into the hoop.
3. Goal: Control and consistency of the serve toss.

Progression:

- Start with hoop close (1–2 feet).
- Move hoop further away as control improves.

Coaching Tips:

- Emphasize a consistent serving stance (opposite foot forward).
 - Controlled toss/drop, no swinging arms at this stage.
 - Accuracy and repeatability are more important than power.
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Drill 2: Serve & Chase

Setup:

- Use half court only.
- Each player starts behind the service line with a ball.

Execution:

1. Player serves ball over the net.
2. Immediately runs into the court to catch their own ball before it bounces twice.
3. Reset and repeat.

Progression:

- Add a partner on the opposite side to catch and return the ball.
- Server focuses fully on serving form while partner retrieves.

Coaching Tips:

- Stress proper serving mechanics over chasing speed.
 - Watch ball contact: flat hand, solid contact in center of ball.
 - Keep shoulders square toward target.
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Drill 3: Make It Over First

Goal: Build confidence and consistency in clearing the net.

Setup:

- Students line up at service line (or closer if needed).
- Each player has a ball.

Execution:

1. First goal: Serve over the net successfully.
2. Once successful, take one step back and serve again.
3. Continue stepping back after each successful serve until reaching service line (or beyond).

Coaching Tips:

- Reinforce calm, repeatable toss.
- Focus on clearing the net before accuracy.
- Celebrate every success to build confidence.

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- All players start behind the end line.

Execution:

1. Coach calls out a number (e.g., “Position 3!”).
2. Players sprint to that spot on the court as fast as possible.
3. Once comfortable, coach adds a ball: after reaching the spot, players must pass or set a tossed ball.
4. Progress to multiple numbers in sequence.

Coaching Tips:

- **Teach court numbers first:** Walk players around the court before the drill and say out loud: “This is 1, this is 2...” so they memorize positions.
- **Movement focus:** Players must run straight to their spot, not drift. Encourage fast feet and staying low when arriving.
- **Ball focus:** When a ball is added, remind them to square shoulders and get balanced before passing/setting.
- **Communication:** Make every player shout their position when they arrive (e.g., “3!”). This reinforces awareness.
- **Correction cues:** If players stop short, say “touch the spot with your foot.” If they hesitate, say “first move is the fastest move.”