



## **U18 Warm-Up (30 Minutes)**

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### **◆ 1.1 Dynamic Stretch & Movement Prep (~15 min)**

#### **Jogging (3 laps)**

- Jog on toes around the court.
- Cue: "Light feet, bounce, stay tall."

#### **High Knee Pulls**

- Step forward, pull knee to chest with both hands.
- Cue: "Tall chest, balance, pause."

#### **Reverse High Knee (Quad Stretch Walk)**

- Step forward, pull foot behind with both hands.
- Cue: "Knee points down, no arch in back."

#### **Mario Jumps**

- Step forward, jump off one leg while swinging opposite arm up.
- Cue: "Explode up, land soft."

#### **Forward Lunges**

- Step forward, bend knees ~90°, chest tall, arms overhead optional.
- Cue: "Knee above ankle, don't lean forward."

#### **Backward Lunges**



- Step backward into lunge, control balance.
- Cue: “Stay tall, push back strong.”

### **Toe Touch Kicks**

- Kick straight leg up, opposite hand touches toes.
- Cue: “Controlled kick, no swinging.”

### **Side Shuffle**

- Low stance, shuffle sideways, hands in ready position.
- Cue: “Stay low, chest up, hands ready.”

### **Bear Crawl**

- On hands/feet, hips low, short controlled steps.
- Cue: “Back flat, small crawl.”

### **Crab Walk**

- Hands behind, hips lifted, walk forward/backward.
- Cue: “Hips up, strong arms.”

### **Open the Gate**

- Lift knee up, rotate out to the side, step down.
- Cue: “Big circle with hip, control balance.”

### **Close the Gate**

- Lift knee to the side, rotate inward, step down.
- Cue: “Keep hips steady, smooth motion.”



### Chicken Down (Squat Walks)

- Sit low in squat, take small side steps.
  - Cue: “Stay low, knees out, chest tall.”
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## ◆ 1.2 Blocking Warm-Up (~5–7 min)

### Drill 1: Paired Blocking Rhythm

- Divide into 2 lines facing each other across the net.
- Pairs count: “1, 2, 3” → big step → jump with hands over the net.
- Move along the net, repeat 4 times.  
**Cues:**
- “Jump together!”
- “Reach high, land soft.”
- “Don’t swing arms down too fast.”

### Drill 2: 3-Step Blocking Footwork

- Split into 2 groups (one each side of net).
- Each group forms 3 lines.
- First 3 players from each line step up to the net.
- Coach calls “Right side!” → players execute **3-step blocking footwork** to the right.
- Count “1, 2, 3, jump!” → all block together.
- Rotate next 3 players in.  
**Cues:**
- “Big first step, quick second step.”



- “Hands pressed over net.”
- “Jump on the 3!”

## U18 Agility Development by Specialized Roles

### 1 Setter Agility (Quick Positioning & Transition)

**Focus:** Fast lateral movements, quick resets, transitioning from defense → offense.

**Drills:**

- **Setter Shuttle (3-Cone Drill)**  
3 cones: left sideline, middle net, right sideline.  
Setter starts middle, coach tosses ball left/right, setter shuffles and sets back.  
✔ 6–8 reps.
  - **Backpedal → Set Drill**  
Setter starts deep in defense, backpedals to net, sets ball to OH/MH.  
✔ 8–10 reps.
  - **Jump-Stop + Quick Set Drill**  
Coach tosses ball at random spots near 3m line → setter must sprint, stop, square shoulders, and set.
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### 2 Libero / Defensive Specialist Agility (Low & Quick Reaction)

**Focus:** Staying low, quick lateral moves, reaction speed.

**Drills:**

- **Side Shuffle Reaction Drill**  
Cones spread 5m apart, libero shuffles nonstop until coach points left/right. Must dive/dig a ball immediately.  
✔ 6–10 reps.
- **Short Burst Chase Drill**  
Coach tips ball randomly within 3m → libero sprints/digs with controlled platform.  
✔ 8–12 reps.



- **Low Posture Shadow Drill**  
Player mirrors coach movements side-to-side while maintaining digging posture.
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### **3 Outside Hitter Agility (Approach + Defense Transition)**

**Focus:** Smooth transition from passing → attacking, multi-direction footwork.

**Drills:**

- **Pass → Transition → Attack Drill**  
OH receives a free ball in back row, quickly transitions to front row and executes 3-step spike approach.  
✓ 10 reps.
  - **Figure-8 Transition Drill**  
Cones in “8” pattern around net posts → OH shuffles figure-8, finishes with approach jump.  
✓ 5–7 reps.
  - **Block → Cover → Attack Drill**  
OH blocks at net → sprints back for tip coverage → transitions into approach attack.
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### **4 Middle Blocker Agility (Explosive Short Lateral Moves)**

**Focus:** Closing blocks, explosive short bursts, quick reaction at the net.

**Drills:**

- **Block Shuffle Drill**  
Coach calls “left/right” → MB shuffles across net, executes block jump.  
✓ 8–12 reps.
- **Block → Transition Drill**  
MB blocks → quick backpedal to 3m line → approaches for quick set.  
✓ 6–10 reps.
- **Quick Read Reaction Drill**  
Coach tosses to OH/MH zone → MB must “read” direction, shuffle, and block.



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## **5 Opposite (Right-Side) Hitter Agility**

**Focus:** Transitioning from blocking to attacking, quick coverage on tips.

**Drills:**

- **Block → Attack Transition Drill**  
Opp blocks on right → shuffle back to 3m line → approach & spike.  
✔ 8–10 reps.
- **Tip Coverage Sprint**  
Coach tips behind block → Opp sprints in, digs, and transitions to attack.  
✔ 6–8 reps.
- **Crossover Shuffle Drill**  
From right pin → crossover shuffle toward middle, simulate block close, recover back to right.

## **Physical Training**

### ♦ **Abs Circuit**

- Crunch × 30
- Superman × 25
- Side-to-side touches × 40
- Double twist sit-up × 20
- Hand & feet extension × 30
- Leg lifts × 20
- Superman × 30
- Crunch × 35
- Russian twist × 30



- Side-to-side touches × 30
- Double twist sit-up × 20
- Hand & feet extension × 30
- Leg lifts × 10
- Bicycle × 3 min
- Plank × 3 min

### **Coaching Focus:**

- Core always tight (no arching back).
- Slow, controlled reps — avoid rushing.
- Breathe out on exertion (up phase).

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### **♦ Leg Circuit (2–3 sets)**

- Ski jumps
- Side cone runs (8 cones, up & back)
- Box jumps × 10
- Balance squat × 20
- “Mario” knee lift × 10 each side (on box/chair)
- Lunges × 15 each leg
- Frog jumps with cones
- One-leg jumps over cone
- Drop box → plank landing



### Coaching Focus:

- Land softly → absorb with hips, not knees.
- Balance first, then speed.
- Explode upward, controlled landing.
- Keep chest tall, knees aligned over toes.

## ◆ Combination Drill:

### Drill: Triple Transition

#### Objective:

- Train players to connect multiple skills in one continuous sequence.
  - Sharpen **transition footwork**: pass → move → set → recover to defense.
  - Build awareness, reaction speed, and readiness for **game-like transitions**.
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#### Setup:

- Players form one line at the end line.
  - Coach with a ball basket stands near the net.
  - One target/catcher (or assistant coach) positioned at the outside hitter spot.
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#### Execution:

1. **Pass** – First player enters. Coach tosses free ball → player executes a controlled forearm pass to the target.



2. **Set** – Immediately shuffle left/right (direction called by coach). Coach tosses another ball → player sets back to the target.
  3. **Defend** – After setting, player shuffles backward into defensive ready position. Coach attacks (controlled spike/roll shot) → player digs/defends.
  4. Drill ends → player retrieves ball and returns to line.
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#### **Progressions:**

- **Lv1:** Controlled tosses for pass/set, light attack for defense.
  - **Lv2:** Increase speed of coach's tosses to challenge quick transitions.
  - **Lv3:** Coach gives unpredictable shuffle directions (left/right).
  - **Lv4:** Add a real setter instead of coach for higher realism.
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#### **Coaching Tips :**

- **Passing:**
  - Platform locked, no wrist break.
  - Angle forearms early toward target (avoid mid-air corrections).
  - Call "Mine!" before every touch.
- **Footwork into Set:**
  - Push with outside leg on shuffle.
  - Square shoulders to target before ball contact.
  - Hands above forehead before the ball arrives.
- **Setting:**



- Extend elbows fully, finish fingers pointing up.
  - Don't drift — stop feet before contact.
- **Transition to Defense:**
  - Shuffle backward under control — no crossing feet.
  - Get low immediately, weight on balls of feet.
  - Read coach's arm swing and react early.
- **Overall:**
  - Keep tempo fast, no pauses between actions.
  - Reinforce “reset posture” after every action (low, balanced, eyes forward).
  - Correct lazy habits: players must sprint to next task, not jog.

## Drill 2: Touch and Out Drill

### Objective:

- Improve **reaction speed**, communication, and game awareness.
  - Keep intensity high with **constant rotations**.
  - Train players to stay sharp during **fast substitutions** and broken plays.
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### Setup:

- 1 line of students behind each baseline.
- 3 players from each team (3 vs 3) start on court.



- Coach or server begins the rally with a toss or serve.
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### How It Works:

- Play begins as a normal 3 vs 3 rally.
  - **Rule:** Every time a player touches the ball (pass, set, attack, block, dig), they must **immediately exit** the court.
  - The next player in line enters instantly to replace them.
  - Rally continues until the ball is dead.
  - Teams rotate continuously — no pauses.
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### Progressions / Levels:

- **Lv1:** Start with free balls tossed by coach → longer rallies.
  - **Lv2:** Use real serves to raise difficulty.
  - **Lv3:** Add rule → slow rotations = automatic point loss.
  - **Lv4 (Advanced):** Expand to 4 vs 4 or full 6 vs 6 with same “touch and out” rule.
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### Coaching Tips:

- Demand **loud communication** every touch (“Mine!”, “Go!”, “Help!”).
- Watch for **late exits** — players must sprint off immediately, no hesitation.
- Reinforce **court awareness**: incoming players must enter low, ready, eyes on the ball.
- Emphasize **defensive readiness** — even if just entered, player must drop into position fast.



- Push tempo — no walking or jogging in/out. Drill should feel chaotic but controlled.
- Use as conditioning: keep pace high, minimal pauses between rallies.
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## Drill 3: 6-Man Chaos Passing Drill

### Objective:

- Train players to **readjust quickly** when a pass is imperfect.
  - Build strong **communication habits** under pressure.
  - Improve **coverage and court balance** so the ball never drops, even in broken plays.
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### Setup:

- 5 players on court in **base serve-serve or defensive positions**.
  - 1 coach stands in **Position 6 (middle back)**.
  - 1 coach (or assistant/player) stands **outside the court**, feeding balls into the coach at Position 6.
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### Execution:

1. Outside coach tosses a ball to the coach in Position 6.
2. Coach in Position 6 simulates a **bad pass**: sending the ball off-target, low, high, wide, or awkward.
3. All 5 players must **react quickly**, communicate, and adjust to keep the rally alive.
4. Any player can step in to save or cover the ball.
5. Sequence continues with **rapid tosses**, keeping players under constant pressure.



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### Coaching Tips:

- Emphasize **quick adjustment footwork**: players must move their feet, not just reach with arms.
- Reinforce **court coverage responsibility**: players cover open space when a teammate moves out of position.
- Demand **early, loud communication** ("Mine!", "Go!", "Help!"). Quiet players = repeat the rep.
- Correct **bad habits**: no standing upright, no waiting for the ball → move first, react fast.
- Encourage **aggressive mindset**: better to over-commit and miss than freeze and watch.
- Keep intensity high → make bad passes faster and harder as players improve.

## Base System for Offense & Defense (U18)

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### Offense (5–1 or 6–2 system basics)

#### Serve Receive Formation (3-Pass System)

- **3 Passers** in the back row (Left Back, Middle Back, Right Back).
- **2 Non-Passers** prepare to transition (Setter + Opposite/Outside not passing).
- **Front Row Hitters** ready for quick approach after pass.

#### Setter Base Positioning

- Always transition to the **right front (P2)** or **back right (P1)** area depending on rotation.



- Setter priority: **outside (P4) → middle (P3) → opposite (P2)**.

## Hitter Base Approach

- **Outside Hitters (P4/P6):** Ready for both serve receive and left-side attacks.
  - **Middle Blocker (P3):** Always quick transition to middle attack after serve receive.
  - **Opposite (P2):** Available for right-side attack if pass is good.
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## Defense (Base + Transition)

### Base Defense System

- **Perimeter Defense (recommended for U18):**
  - Left Back (P5) and Right Back (P1) defend deep corners.
  - Middle Back (P6) defends deep middle.
  - Left Front (P4) and Right Front (P2) defend line/tips.
  - Middle Front (P3) always blocks.

### Transition Rules

- **After Opponent's Attack:**
  - Blockers (P2, P3, P4) close the block first.
  - Back row players adjust behind the block (P6 covers tips if middle jumps).
- **Coverage After Our Attack:**
  - Closest front row player covers tight tips.
  - Setter stays free for second contact.



- Back row spreads to cover deep defense.
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## Progression

1. **Introduce Serve Receive Formation (3-pass system)** — get players comfortable with spacing.
2. **Add Setter Base Movement** — always know where setter should transition.
3. **Add Simple Attack Options** (outside → middle → opposite).
4. **Introduce Perimeter Defense** — 6 players in ready positions, practice covering tips & deep balls.
5. **Run Transition Drills** — serve receive → set → attack → defend.

## Volleyball drill:

## Passing :

### Drill 1: Close–Deep Passing Drill (CloDrill 1)

#### Objective:

- Develop quick adjustment between **short and deep balls**.
  - Improve **footwork balance** while passing.
  - Train **reaction and recovery** in continuous motion.
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#### Setup:



- Students work in **pairs**, ~3 meters apart, facing each other.
  - One student starts with the ball (server).
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### ♦ **Level 1 – One Student Moving**

- Server stays in place.
- Server tosses balls in sequence:
  1. **Deep toss** → Passer moves back, controls pass to server.
  2. **Short toss** → Passer runs forward quickly, passes back, then recovers.
- Sequence continues alternating **deep–short–deep–short**.

👉 **Focus:** Passer practices **forward/backward movement** while maintaining passing form.

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### ♦ **Level 2 – Both Students Moving**

- Start with one deep toss.
- Roles alternate:
  - Student A tosses a short ball → Student B moves forward to pass.
  - Immediately after passing, Student B tosses deep to Student A.
  - Student A runs back, passes deep ball, then tosses short back.
- Sequence continues nonstop → both players move **forward/backward continuously**.

👉 **Focus:** Both students stay **low, quick, and consistent** while moving in rhythm.

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🎯 **Coaching Tips:**



- **Stay Low:** Players should keep hips low and chest forward — no standing tall between movements.
- **Footwork First:** Move the feet before forming the platform; avoid lunging with only arms.
- **Controlled Platform:** Keep arms firm and angled toward target — don't swing.
- **Recover Quickly:** After each pass, reset posture immediately to prepare for the next ball.
- **Communication:** Encourage players to call out ("Short!", "Deep!") to reinforce reaction speed.
- **Challenge Progression:** Increase tempo of tosses when players slow down or lose intensity.

## Drill 2: 3-Man Passing

### Objective:

- Build **teamwork** and **communication** in serve-receive situations.
  - Improve **first touch ball control**.
  - Train recovery under pressure.
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#### Setup:

- Students form **3 lines** in front of the coach.
  - Coach holds a ball basket and starts each rally.
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### ♦ Level 1 – Controlled Free Ball

- Coach tosses a free ball to the first 3 students.
- The group must complete at least **2 controlled touches** (e.g., pass → set) before returning the ball to the coach.
- Rally continues as long as possible with controlled execution.

👉 **Focus:** Clean passing form and communication (“Mine!”, “Help!”).

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### ♦ Level 2 – Serve Over the Net

- Coach moves to the other side of the net.
- Instead of tossing, coach serves to the 3 players.
- Players must still complete **minimum 2 touches** before returning the ball.

👉 **Focus:** Adjust to tougher serves while maintaining teamwork and spacing.

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### ♦ Level 3 – Reaction Recovery Drill

- The first 3 students start **lying down on the court**.
- Coach slams a ball into their court.
- Players must **pop up quickly**, recover, and complete at least 2 touches before sending the ball back.
- Rally continues with quick recovery emphasis.

👉 **Focus:** Fast reactions, staying calm under pressure, and regaining form after a scramble.

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🎯 **Coaching Tips:**



- **Stay Low & Ready:** Always maintain a defensive posture (hips low, arms out).
- **Call Every Ball:** Demand loud communication — no silent play. Each ball must have a clear “Mine!” or “Out!”.
- **Angles Matter:** Players must angle platform toward target, not just “up.” Review after every rally whether the pass was usable.
- **Spacing:** Encourage players to give each other space — avoid bunching up under the ball.
- **Transition Speed:** After each touch, players should reset immediately to base positions.
- **Energy Standard:** Push players to keep rallies alive as long as possible — effort > perfection.

### 3. Pass and Tips

- **Setup:**
  - Coaches arrange five cones in an "M" shape on the court.
  -

	coaches	
	Tips zonzone	
cones2		cones4
	cones3	
cones1		cones5
	start	

- 
- **Drill:**
  - Students start at the designated starting point.
  - At Cone 1, the coach throws or spikes a ball to the student.
    - If the student misses the ball, they skip Cone 1 and proceed.
  - Students side-shuffle to Cone 2 (no activity here).
  - At Cone 3, coaches tip the ball toward the "tips zone."
    - Students must pass this ball back to the coach.
  - Students then side-shuffle to Cones 4 and 5.



- After completing the drill, students collect their ball and return to the starting line.
  - **Focus:**
    - Passing accuracy, footwork (side shuffles), and responding to tips.
    - Students should ignore poorly received balls and concentrate on their passes and movement.
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## Drill 4: Defensive Wall Reaction

### Objective:

- Train players to react quickly to hard-driven balls.
- Improve defensive posture, footwork, and recovery speed.

### Setup:

- Students line up in **1, 2, or 3 lines** at the end line depending on group size:
  - 1 line: 6 students
  - 2 lines: 7–12 students
  - 3 lines: 13+ students
- Coach stands on the opposite side with a basket of balls.

### Execution:

- Coach spikes or drives a ball toward a student.
- Student receives the ball and passes it back to the coach.
- After the rep, student retrieves the ball, returns it to the basket, and goes to the back of the line.

### Coaching Tips:

- Stay **low and balanced** before the coach hits.



- Keep **platform angled** to target, don't just "pop it up."
  - Emphasize **quick reset** — finish the rep, sprint back in line, stay mentally sharp.
  - Correct lazy movements — players must **move to the ball, not wait**.
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## Drill 5: Turn & Burn (Behind-the-Head Passing)

### Objective:

- Train recovery footwork and emergency passing.
- Build awareness when the ball comes from behind.

### Setup:

- 7–8 players per group.
- Line up at the end line with one cone a few meters ahead.

### Execution:

- First player sprints to the cone, touches it, and turns around.
- Coach throws a ball **behind them** immediately.
- Player must quickly turn their body, square to target, and pass.
- Emphasis: lift arms slightly higher than normal to push the ball back.

### Coaching Tips:

- Always **turn fully** (never run backward).
- Feet must get set before platform forms.
- Lift arms slightly higher to redirect ball forward.



- Keep head steady — avoid swinging upper body wildly.
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## Drill 6: Cone-to-Cone Defensive Pass

### Objective:

- Improve **lateral quickness** and defensive readiness.

### Setup:

- 1 line of players at end line.
- 2 cones placed ~2 meters apart, sideways.
- Coach positioned near Cone 2 with a ball.

### Execution:

- First player sprints to Cone 1, touches it.
- Immediately side-shuffles to Cone 2.
- As they arrive, coach hits/tosses a ball toward them.
- Player passes accurately to the 3-meter line target.

### Coaching Tips:

- Emphasize **staying low during shuffle**.
  - Arms must be ready before reaching Cone 2.
  - Do not cross feet — keep shuffle clean and quick.
  - Target quality matters more than speed.
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## Drill 7: 4-Man Continuous Passing Loop

### Objective:

- Train movement, passing rhythm, and communication.

### Setup:

- 2 lines of 2 players, facing each other, ~3–4 meters apart.

### Execution:

- Player 1 tosses to Player 2.
- Player 2 passes to Player 3 (next in Player 1's line).
- After toss/pass, each player runs to opposite line.
- Drill continues in a flowing cycle.

### Progression:

- Lv2: Do the same but with **setting** instead of passing.

### Coaching Tips:

- Players must **stay balanced** when switching lines.
- Every rep = loud “**Mine!**” call.
- Quick, sharp footwork — no jogging to switch.
- Ball must stay **in rhythm** — no pauses.



## Drill 8: Square Cycle Pass–Set–Spike



**Objective:**

- Train connection between passers, setter, and hitter.

**Setup:**

- 4 players form a square.
- Roles:
  - Player 1 = Spiker
  - Players 2 & 3 = Passers
  - Player 4 = Setter

**Execution:**

- Spiker (P1) tips or rolls ball to a passer.
- Passer sends to Setter (P4).
- Setter sets ball back to Spiker (P1).
- Cycle repeats with continuous rhythm.

**Coaching Tips:**

- Passers: focus on **accurate angle to setter**.
- Setter: square shoulders and use **consistent release**.
- Spiker: keep swings controlled — this is **tempo training**, not full power.
- Encourage **verbal cues**: “Here!” “Outside!”



## **Drill 9: Figure-8 Passing Circuit**



**Objective:**

- Build stamina, body control, and passing under constant movement.

**Setup:**

- 6 cones: 3 left, 3 right (opposite triangles ◀ ▶).
- Groups of 3–4.
- One group runs, one feeds.

**Execution:**

- Running player shuffles through the figure-8 pattern.
- Coach (or feeder) tosses balls continuously.
- Player passes each ball while staying in figure-8 movement.
- Switch after fatigue sets in.

**Coaching Tips:**

- **Stay low** at all times — hips below shoulders.
  - **Angle platform early** while shuffling, don't wait until last second.
  - Breathing — don't let fatigue kill form.
  - Push pace — feed balls faster if players slow down.
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## Drill 10: 2 vs 2 Rotation Battle

**Objective:**

- Build competitiveness, quick reaction, and adaptability.



### Setup:

- 2 lines of players on each side of the net.
- Game starts above the 3m line (front court only).

### Execution – Lv1:

- 2 vs 2 game begins.
- Player who passes the ball over must exit immediately.
- Next player from line enters instantly.
- If team loses rally → both players rotate out.

### Progressions:

- Lv2: **Any player who touches the ball exits.**
- Lv3: Expand to 3 vs 3 full court.
- Lv4: Full 6 vs 6 rotation with same “touch and out” rule.

### Coaching Tips:

- Enforce **quick rotation speed** — hesitation = point loss.
- Constant **communication** (“Switch!”, “Mine!”).
- Keep court spacing even when players rotate mid-rally.
- Emphasize **fast transition focus** — next player must enter ready.
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## ◆ Spiking Drill

### Drill 1: Cone Rhythm Attack (3-Step Approach with Cone Movement)



**Objective:**

- Build consistency in spike approach.
- Synchronize timing with teammates while maintaining rhythm.

**Setup:**

- Students form one main line behind the 3m line.
- Cones placed evenly across the 3m line (both sides).
- Coach stands at the net to supervise timing and arm swing.

**Execution:**

- First student performs a **3-step approach** and swing at the net.
- After landing, they side shuffle back to the next cone.
- From that cone, they repeat the 3-step approach and swing.
- The second student synchronizes their approach with the first.
- Drill continues in flow — constant rhythm, no pauses.

**Progression:**

- Lv2: Use a **2-step approach** for quicker timing.

**Coaching Tips:**

- Emphasize **left-right-left (for right-handers)** or **right-left-right (for left-handers)**.
  - Arms must **swing back fully** before last step to generate jump power.
  - Land softly with knees bent — avoid stiff or flat-footed landings.
  - Check spacing — approach must always start **3–4m off the net**, not too close.
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## Drill 2: Arm Swing Builder (Spiking Mechanics Progression)

### Objective:

- Train proper arm swing mechanics for spiking.
- Build control and power step by step.

### Setup:

- Students line up in front of the net.
- Coach stands on the side with a ball basket.
- First student swings, next collects balls.

### Execution:

- Student stands **sideways to the net** (shoulder facing net).
- Coach tosses to the hitting hand side.
- Student performs a strong arm swing and spike.

### Progression Levels:

- Lv1: Standing sideways → swing under the net.
- Lv2: Kneel on hitting-side knee → swing under the net.
- Lv3: Standing → spike over the net (coach tosses higher).
- Lv4: Kneeling → spike over the net.
- Lv5: Stand on box/platform → spike over the net (simulate higher contact).

### Coaching Tips:



- Keep **elbow high** before swing — “draw the bow, then release.”
  - Lead hand should be **up for balance and aiming**.
  - Contact the **top of the ball** with strong wrist snap.
  - Follow through across body → prevents wild hits.
  - Stress **hips rotation** with swing — not just arm power.
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## **Drill 3: Attack Progression Flow (Coach Set → Pass/Set → Spike)**

### **Objective:**

- Develop connection between pass, set, and attack.
- Reinforce spiking under different play conditions.

### **Setup:**

- Students form 2 lines (hitters) on each side.
- Coach at the net with a ball basket (or add setter).

### **Execution:**

- **Level 1:** Coach sets ball into hitting zone → first hitter spikes with 3-step approach.
- **Level 2:** Coach tosses → student passes to coach/setter → set → spike.
- **Level 3:** Two lines: one for passers, one for spikers → passer passes to setter → setter sets → hitter spikes. Rotate passer → spiker → back in line.

### **Coaching Tips:**



- Approach timing: **don't start run too early — wait until ball is set.**
  - Passers: **angle to setter target, not too high/flat.**
  - Setters: **deliver consistent high outside sets.**
  - Spikers: **jump after ball peaks — not before.**
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## **Drill 4: Wall Power Control (Wall Spiking Drill)**

### **Objective:**

- Reinforce spiking mechanics.
- Train consistency, not raw power.

### **Setup:**

- Each player has a ball.
- Players stand 2–3m from the wall.

### **Execution:**

- Player self-tosses ball in front.
- Performs spiking motion:
  - Elbow high.
  - Full arm swing.
  - Contact → drive into wall.
- Repeat continuously for rhythm and accuracy.

### **Coaching Tips:**



- Keep elbow **above ear** before swinging.
  - Don't "chop" ball down — strike **forward and slightly down**.
  - Arm should **finish across chest** after swing.
  - Encourage players to hit **same wall spot repeatedly** (consistency over force).
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## **Drill 5: Explosive Rise Attack (Kneel → Approach → Spike)**

### **Objective:**

- Build explosive power from a low position.
- Combine ball control and approach mechanics.

### **Setup:**

- Students line up behind service line or 3m line.
- Each player with a ball.
- Start kneeling on one knee.

### **Execution:**

- Player starts on one knee holding ball.
- Quickly stands up → explodes into **2–3 step approach**.
- Self-toss ball high.
- Spike over the net with controlled form.
- Retrieve ball and rejoin line.



### Coaching Tips:

- Stress **explosive first step** from kneeling.
- Toss ball **just in front of hitting shoulder**, not too far.
- Keep elbow **above head before contact**.
- Land softly and balanced — ready for next play.

## Serving:

### Drill 1: Target Float Serve Mastery

#### Objective:

- Teach players the fundamentals of the float serve.
- Build accuracy by serving to designated zones.

#### Setup:

- Players line up behind the service line, each with a ball.
- Divide the court into 3–4 target zones using cones, hoops, or markers.
- Coach demonstrates proper float serve mechanics.

#### Execution:

1. Player stands with **non-dominant foot forward**.
2. Hold ball in front with non-dominant hand at shoulder height.
3. Step forward with lead foot while striking the **middle of the ball** with a firm, open hand.
4. Contact is flat — no wrist snap, to minimize spin.
5. Serve toward a target zone.



6. After serving, collect ball and rejoin line.

#### Progressions:

- Lv1: Serve from inside the court (shorter distance).
- Lv2: Serve from full service line.
- Lv3: Aim for target zones (short, deep, crosscourt).

#### Coaching Tips:

- **Toss:** Ball should stay **just above shoulder height** — avoid tossing too high.
  - **Hand contact:** Strike with a **firm palm**, fingers spread wide.
  - **Finish:** Body should stay tall and balanced; no leaning sideways.
  - **Ball flight:** A good float will “wobble” midair — highlight when players achieve it.
  - Encourage servers to **hold finish position** for self-check.
- 



## Drill 2: Wall Strike Accuracy (Hand Contact Focus)

#### Objective:

- Reinforce proper hand contact for float serve.
- Build consistency in striking flat, spin-free balls.

#### Setup:

- Each player with a ball, standing 1–2m from a wall.

#### Execution:

1. Player tosses ball slightly in front.
2. Strikes with open palm, firm hand.



3. Focus is on **clean, flat contact** — no spin.
4. Ball should rebound straight from the wall.

#### Coaching Tips:

- Hand must feel **solid but relaxed** — not stiff or slappy.
  - Encourage **hitting center of the ball** — no side contact.
  - Watch rebound:
    - If ball spins → contact is off-center.
    - If ball comes straight back → perfect.
  - Repeat in sets of 10–15 for muscle memory.
- 



## Drill 3: Partner Precision Serve

#### Objective:

- Improve control by serving directly to a small moving target.
- Reinforce accuracy under pressure.

#### Setup:

- Pair players: server on one side, partner (catcher) in target zone on opposite side.

#### Execution:

1. Server aims to serve **directly to partner's chest/shoulder area**.
2. Catcher adjusts minimally (1–2 steps only).
3. After 5–7 serves, players switch roles.

#### Progression:

- Add movement: catcher starts in middle, moves to zone **after toss**.



### Coaching Tips:

- Emphasize **consistency over power**.
  - Servers must **visualize the catcher's hands** as the target.
  - For progression: toss → track → adjust → serve without hesitation.
  - Remind catchers to stay sharp — this drill also trains reading ball flight.
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## Drill 4: Jump Serve Toss Control (Toss & Catch)

### Objective:

- Train players to control the toss for jump serving.
- Build awareness of correct toss height and placement.

### Setup:

- Each player with a ball.
- Enough court space for approach steps.

### Execution:

1. Player tosses the ball as if preparing for a jump serve.
2. Instead of hitting, they **chase and catch** the ball at its peak in front of hitting shoulder.
3. Reset and repeat.

### Progression:

- Add 2–3 approach steps before toss → still catch at peak, no hit.

### Coaching Tips:

- Toss should be **slightly forward, 30–40cm inside baseline**.
- Height = about **2–3m above player's head**.



- If player must chase sideways → toss is incorrect.
- Emphasize **catching ball at hitting shoulder height** (not behind head).
- Tell players: **“Good serve starts with a good toss — no exceptions.”**