

Warm up (30 minutes) – U14

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.”
- **Toese 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 crawl**
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 U14: builds safe jump/land mechanics, teaches teamwork, introduces net play.

1.2 Carousel (~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 – U14

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.

Drill 6: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.

Drill 7: One-Leg Side Jump

 **Objective**

- Improve **balance, coordination, and leg strength**.
 - Build **explosiveness** with single-leg power.
 - Add **partner competition** for fun + intensity.
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Setup

- Place **cones in one straight line** (5–6 cones, ~1–1.5m apart).
 - Players in **2 lines facing each other**, one cone line between them.
 - Each player starts on **one leg** (switch legs each round).
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Execution

1. First player hops sideways on **one leg** to cone 1 → then hops back to start.
 2. Continue forward/back until all cones are completed.
 3. After finishing, instead of walking back, players:
 - Pair up with a partner from opposite line.
 - Do an **extended agility movement** (see below).
 4. Next players in line go until everyone rotates.
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Extensions for Agility

After finishing the cone line:

- **Side Shuffle Around Cones** (partner mirror game).
- **One-Leg Hop Around Cones** (balance + strength).
- **Big Jumps Backward** (explosiveness).

- **Sprint Backwards or Cross-Over Steps.**

You can **rotate variations** each round to keep energy up.

Passing Drills

Drill 1: 3-Men Passing

Objective: Teamwork, ball control, and communication.

Setup:

- Students form 3 lines at the end line.
- First player from each line steps onto the court.

Execution:

1. Coach tosses or spikes a ball toward one of the 3 players.
2. Students must make at least 2 controlled contacts before sending the ball back.
3. Rally continues until an error.
4. After an error, students collect the ball and return to the end of the line.

Coaching Tips:

- Emphasize **calling the ball early and loud** (“Mine!”, “Set!”).
- Watch for **body posture** — knees bent, chest forward, ready for quick reaction.
- Remind players to **angle platform to the target teammate**, not just straight ahead.
- Correct “ball chasing” → players must hold their zone and trust teammates.

- Cue to use: “See the ball, call it, move to it.”
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Drill 2: 3-Men Reflex Passing

Objective: Quick reaction and defensive readiness.

Setup: Same as Drill 1, but players begin lying face-down.

Execution:

1. Coach tosses/spikes the ball forcefully.
2. Players pop up explosively, react, and pass.
3. Must make at least 2 contacts before sending the ball back.
4. Rally continues until an error.

Coaching Tips:

- Look for **fast first movement** — no hesitation when ball is contacted.
 - Encourage players to **stay low after popping up**, not standing tall.
 - Stress balance: players should not over-dive unless necessary.
 - Cue to use: “Up quick, low fast.”
 - Correct common issue: standing too tall after getting up → push them to stay bent at knees and hips.
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Drill 3: Pass & Tips (Cone “M” Drill)

Objective: Passing under movement, reacting to tips.

Setup:

- 5 cones arranged in M-shape.
- Coach positioned near tips zone.

Execution:

1. Player starts at baseline.
2. Sprint to Cone 1 → coach tosses a ball.
3. Side shuffle to Cone 2 (no ball).
4. At Cone 3 → coach tips ball → player passes.
5. Continue through Cones 4 & 5.
6. After finish, player returns ball and rejoins line.

Coaching Tips:

- Watch **footwork**: sprint forward, shuffle sideways, don't cross feet.
 - Emphasize **reading coach's shoulders/arms** to anticipate tips.
 - Teach players to **reset platform early** after movement.
 - Cue to use: "Feet first, platform second."
 - Correct issue: late reaction to tips → encourage earlier, quicker step forward.
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Drill 4: Intensive Defense Drill

Objective: Defensive passing against harder attacks.

Setup:

- 1 line for ≤6 players, 2 lines for 7–12 players, 3 lines for 12+.
- Players at end line, coach at net.

Execution:

1. Coach spikes/throws balls toward players.
2. Each player digs and passes ball back.

3. After attempt, collect ball, return it, and rejoin line.

Coaching Tips:

- **Ready position:** feet wide, arms loose, stay low before contact.
 - **Read hitter's arm:** focus on shoulder angle and swing speed to anticipate trajectory.
 - Cue to use: "See arm, then ball."
 - Correct common error: players backing away → teach them to step forward and absorb contact.
 - Stress **controlling height** of pass, not just keeping ball up.
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Drill 5: Behind-the-Head Pass Drill

Objective: Body control & directional passing.

Setup:

- 7–8 players per group.
- Cone a short distance in front of line.

Execution:

1. Player sprints to cone, touches it.
2. Coach throws ball behind them.
3. Player must turn fully and pass ball backward to coach.

Coaching Tips:

- Stress **turning completely** — don't try to pass while half-turned.
- Platform higher than normal to send ball back.
- Cue to use: "Turn, square, pass."

- Correct issue: running backward dangerously → always pivot and face target.
 - Remind players to **stay balanced after pass** — don't fall off to the side.
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Drill 6: Side & Pass Drill

Objective: Lateral movement + accurate passing.

Setup:

- Students in 1 line at baseline.
- 2 cones sideways, ~2m apart.
- Coach near Cone 2 with balls.

Execution:

1. Player sprints to Cone 1 → touches.
2. Side shuffles quickly to Cone 2.
3. Coach tosses/hits a ball.
4. Player passes accurately to 3-meter line.
5. Return to end of line.

Coaching Tips:

- Watch for **quick transition from sprint to shuffle**.
 - Emphasize **low hips and wide base** while shuffling.
 - Cue to use: "Touch, shuffle, pass."
 - Correct common mistake: players crossing their feet → remind them to slide, not run sideways.
 - Reinforce **passing to target**, not just keeping the ball in play.
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Drill 7: Serve Receive Progression

Setup:

- Students divided into 3 lines in serve-receive formation.
- Coach on opposite side of net with ball.

Execution:

1. Coach serves the ball over.
2. 3 players work together to pass ball back to setter/target.
3. Player who touches the ball stays in.
4. Others rotate out after each serve so everyone gets reps.

Progression:

- Start with short serves near the net.
- Move coach further back until full serves from baseline.

Coaching Tips:

- Cue to use: “Call it early, stay low.”
- Watch communication: players must **decide early** who takes the ball.
- Teach proper **angles for serve-receive** (outside shoulders angled in toward setter).
- Correct issue: players drifting backward → tell them to step into ball instead.
- Reinforce teamwork: **3 players work as one unit.**

Drill 8: Up and Up Drill (Passing Focus)

Setup:

- Two lines at end line.
- First student in each line lies on floor.

Execution:

1. Coach claps ball → both students spring into action.
 - Left-side student: Runs to 3m line.
 - Right-side student: Receives toss from coach.
2. Right-side student passes to left-side student.
3. Left-side student sets sideways back to right-side student.
4. Right-side student passes ball back to coach.
5. Next pair repeats.

Coaching Tips:

- Cue to use: “Up fast, stay low.”
- Focus on **explosive recovery from floor** → **quick ready position**.
- Emphasize **control on both pass and set**.
- Correct issue: players rushing → slow down and control ball quality.
- Watch transitions: encourage **smooth flow from defense** → **transition** → **return pass**.
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Spiking Drills

Drill 1: Arm Swing Progression

Goal: Teach proper arm swing mechanics for spiking.

Setup:

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

Execution:

1. Students stand sideways to the net (hitting shoulder closer to net).
2. Coach tosses ball to hitting-hand side.
3. Student performs full arm swing and spikes.

Progressions:

- **Lv1:** Standing, under the net → swing through and spike under net.
- **Lv2:** On 1 knee, under the net → kneeling on hitting-side knee, swing under net.
- **Lv3:** Standing, over the net → coach tosses higher, student spikes over net.
- **Lv4:** On 1 knee, over the net → kneeling, swing over net for control & power.
- **Lv5:** On box/platform, over the net → elevated to simulate higher contact.

Coaching Tips:

- Elbow must stay **high and back** before swing → “Bow and arrow position.”
- Cue: “Reach high, snap fast.”
- Watch for **contact at highest point**, not on way down.
- Correct common mistake: swinging across body too early → encourage straight-down motion first.

- Remind players to **stay relaxed** → **explosive** → **relaxed again** to avoid stiffness.
 - Reinforce follow-through: **arm across body** after snap.
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Drill 2: 3-Step & 2-Step Approach

Goal: Build proper spike approach footwork and rhythm.

Setup:

- Students line up on left side of court behind 3m line.
- 5 cones evenly spaced along 3m line.
- Coach supervises technique.

Execution:

1. First student starts at cone and performs 3-step approach (L–R–L for right-handers).
2. After finishing, jogs back and moves to next cone.
3. Second student starts as soon as first passes cone → drill flows continuously.

Progressions:

- **Lv1:** Only 3-step approach (no ball).
- **Lv2:** 2-step approach (R–L for right-handers).
- Add jump and arm lift (no ball).
- Later add coach toss + spike.

Coaching Tips:

- Cue: “Smooth → fast → explode.”
- Watch rhythm: **first step relaxed, last 2 steps explosive.**

- Correct issue: choppy or too fast first step → teach rhythm with clap count (slow-slow-fast).
 - Arms: must **swing back then up** for jump power.
 - Watch players drifting out of court → remind them to stay inside court line.
 - Reinforce balance: land with 2 feet, soft knees.
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Drill 3: Spiking Progression

Setup:

- Students form 2 lines on attack line (outside hitter position).
- Coach stands at net with ball cart.

Execution:

- **Lv1:** Coach tosses ball, player does approach, jumps, and **catches ball at highest point**.
- **Lv2:** Player stays grounded, practices **arm swing + hit** over net without jump.
- **Lv3:** Full jump, time approach with toss, and spike properly.

Coaching Tips:

- Cue: “Left–Right–Left, reach high.”
 - Watch for **early jumps** → correct by slowing approach until toss is at right height.
 - Teach **snap wrist forward** on contact, not palm flat.
 - Remind hitters to **face ball, not net** when approaching.
 - Correct issue: jumping from too far → mark takeoff spot with cone if needed.
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Drill 4: Wall Attack Drill

Objective: Develop downward swing mechanics and reaction to rebound.

Setup:

- 6–8 players per group.
- 1 hitter kneels facing wall.
- Teammates stand beside hitter to catch rebounds.
- Coach with ball supply.

Execution:

1. Coach tosses ball to kneeling hitter.
2. Hitter swings ball down into wall.
3. Teammates catch rebound and return to coach.
4. Rotate hitter every 5 reps.

Coaching Tips:

- Emphasize **snapping wrist** to drive ball down, not pushing it.
 - Cue: “High elbow, snap down.”
 - Correct issue: kids pushing ball → show difference by demonstrating push vs. snap.
 - Ensure hitter finishes with arm **across body** for proper follow-through.
 - Stress **core engagement** even while kneeling.
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Drill 5: Knee Ball Spike Progression

Setup:

- Each student with a ball.
- Start kneeling on one knee, ball on opposite knee.

Execution:

1. From kneeling, stand up while controlling ball.
2. Toss ball slightly forward.
3. Jump and spike motion over net.

Progressions:

- Practice stand–toss–spike motion without net first.
- Add net later for accuracy.

Coaching Tips:

- Cue: “Toss forward, not too high.”
- Watch toss placement → should be just in front of hitting shoulder.
- Correct issue: ball tossed too far back → teach them to toss slightly ahead.
- Emphasize **full arm swing** even from shorter approach.
- Encourage strong **leg drive from kneeling** to simulate explosive transition.



Serving Drills

Drill 1: Into the Hoop (Serve Toss Control)

Objective: Improve toss accuracy and serving consistency.

Setup:

- Place 1 hoop on the floor in front of each student (1–2 feet ahead).

- Students line up in serving stance, each with a ball.

Execution:

1. Players practice serving motion without sending the ball over the net.
2. Instead, they toss/drop the ball forward.
3. Goal: Have ball land inside the hoop.

Progressions:

- Start with hoops close (1–2 feet).
- Gradually move hoops farther away to simulate full toss.

Coaching Tips:

- Cue: “Toss straight, not sideways.”
 - Watch toss height → it should be consistent, not too high or low.
 - Correct issue: ball drifting backward → encourage **release slightly in front of body**.
 - Serving stance: opposite foot forward, weight balanced.
 - Remind players: **accuracy first, then power**.
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Drill 2: Make It Over First

Objective: Build confidence in clearing the net with serve.

Setup:

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

Execution:

1. Player serves aiming only to clear the net.
2. Once successful, they step back and serve again.

3. Repeat until reaching baseline.

Coaching Tips:

- Cue: “Focus on clearing the net, not smashing the ball.”
 - Common issue: swinging too hard → remind them to **trust toss + contact, not power**.
 - Emphasize **contact at full arm extension**.
 - Step forward into serve → avoid serving flat-footed.
 - Remind players to **snap wrist, not push ball**.
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Drill 3: Partner Serving Challenge

Objective: Improve serving consistency under game-like conditions.

Setup:

- Players in pairs across the net.
- Both start serving from 3-meter line.

Execution:

1. Player A serves over to Player B.
2. Player B serves it back.
3. Both step back one step after successful serves.
4. Continue until reaching service line.

Coaching Tips:

- Cue: “Consistency beats speed.”
- Remind players to **use same routine each time** (bounce, breath, toss).
- Correct issue: rushing serve → require **pause before toss**.
- Watch toss height: keep it at **just above head height**.

- Encourage tracking target zone before serving.
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Setting Drills

Drill 1: Bounce Setting Drills

Level 1: It's Bounce 1

Objective: Improve timing and positioning for setting.

Setup: Each student with 1 ball.

Execution:

1. Toss ball straight up.
2. Let it bounce once.
3. Move under and catch with setting platform.

Coaching Tips:

- Cue: “Move your feet, not your hands.”
- Stay balanced, don’t reach sideways.
- Watch for players waiting too long → encourage them to **get under ball early**.
- Hands: triangle window, above forehead.

Level 2: It's Bounce Twice

Objective: Train players to get lower for control.

Execution:

1. Toss ball, let it bounce twice.
2. Stay low so ball is still above forehead.
3. After second bounce, set it high.

Coaching Tips:

- Cue: "Low body, high hands."
 - Teach them not to squat too deep → stay athletic.
 - Correct issue: pushing ball with palms → reinforce fingertip contact.
 - Encourage high, clean release.
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Drill 2: Keep It Going

Objective: Develop rhythm and consistency in setting.

Setup:

- Students in single file facing coach.
- Coach stands with ball cart.

Execution:

1. Coach tosses free ball to first student.
2. Student sets back to coach.
3. Coach immediately tosses to next student.
4. Drill continues in rhythm.

Progression:

- Add 2 cones (2–3 meters apart).
- After setting, student runs around cone before rejoining line.

Coaching Tips:

- Cue: "Quick hands, soft touch."
- Ensure players **square shoulders to target**.
- Watch footwork → don't let them set flat-footed.

- Correct lazy hands → require fast release.
 - Emphasize continuous rhythm → no stopping.
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Drill 3: Up and Up Drill (Setting Focused)

Objective: Combine setting with quick transition and teamwork.

Setup:

- Students in 2 lines at end line.
- First player in each line lies down.

Execution:

1. Coach claps.
2. Left student runs to 3m line.
3. Right student receives toss and sets to left.
4. Left sets sideways to right.
5. Right sets back to coach.
6. Next pair repeats.

Coaching Tips:

- Cue: “Up fast, hands ready.”
 - Ensure both players **communicate loudly**.
 - Correct issue: setting too low → remind to set **high, clear, easy ball**.
 - Encourage quick transition from lying down to ready position.
 - Watch for lazy footwork → require fast movement to 3m line.
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Drill 4: Wall Setting Drill

Objective: Improve setting accuracy and hand stability.

Setup:

- Each student with ball, 1–2m from wall.

Execution:

- **Lv1:** Continuous sets against wall.
- **Lv2:** Short set + normal set in rhythm.
- **Lv3:** Set ball to wall while squatting down.
- **Lv4:** Set ball, rotate body, continue rhythm.

Coaching Tips:

- Cue: “Quiet hands, fast release.”
- Watch for pushing → reinforce fingertip contact.
- Emphasize keeping **hands stable above forehead**.
- Correct issue: dropping hands → cue “window stays high.”
- Encourage **control before speed**.

Introducing System Play for U14

Objective

- Teach players **basic rotations** and **roles** in both **5-1** and **6-2** systems.
- Focus on **understanding positioning** rather than advanced tactical execution.

Step 1: Teach Court Zones

- Number the zones (1–6) on the court (Zone 1 = back right, Zone 2 = front right, etc.).
 - Use cones or floor markers so students can **visualize rotations**.
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◆ Step 2: 5-1 System (1 Setter)

 Simple Intro for U14:

- One setter sets in all rotations.
- When in back row → plays defense & sets.
- When in front row → sets & can tip.

Drill – Rotation Walkthrough (5-1):

- Players line up in 6 positions.
 - Rotate after whistle.
 - Identify: "Who is the setter here?" → Setter moves to correct setting position (front right if front row, back right if back row).
 - Repeat slowly until players know their **setter coverage**.
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◆ Step 3: 6-2 System (2 Setters)

 Simple Intro for U14:

- Two setters (opposite each other in rotation).
- Only back row setter sets → front row setter becomes a hitter.
- Gives **3 front row hitters** at all times

Drill – Setter Recognition (6-2):

- Two setters wear different color shirts.
- Players rotate, coach asks: "Who's the setter here?"

- Back row setter steps up to set, front row setter joins attackers.
 - Helps students recognize **who sets in each rotation**.
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◆ Step 4: Game-like Application

Modified Rally Drill (5-1 & 6-2):

1. Coach tosses a free ball in.
 2. Team must get into correct rotation and system play before ball comes.
 3. Rally plays out.
 4. Rotate and repeat.
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◆ Step 5: Keep it Fun

- Use **chalk talk + walk-throughs + mini-games**.
- At U14, don't overload with strategy → focus on *where to stand, who sets, and who attacks* and where to cover