



U16 Warm-Up (30 Minutes)

◆ 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!”

AGILITY:

1. Up and Down Sprint Drill

Setup:

- Place 10–12 cones in a straight line (1.5–2 meters apart).
- Place 4 flat cones at the end for a sprint finish.
- Players form 2 lines behind the baseline.

Execution:

1. First player sprints to cone #1, then backpedals to the start.
2. Sprints to cone #2, back to cone #1.
3. Repeats until the last cone.
4. After the final cone, player explodes forward through the 4 flat cones.
5. Next player starts when the first reaches the middle of the cones.

Coaching Points:

- Stay low when backpedaling.
 - Small, quick steps — don’t cross feet.
 - Eyes forward, good posture.
 - Explode out of the final sprint.
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2. Side Shuffle Up & Back Drill

Setup:

- Same cone setup as Drill 1.

Execution:

1. Player shuffles sideways to cone #1, then shuffles back to the start.
2. Shuffles to cone #2, back to cone #1.
3. Repeats until the last cone.
4. Finishes with a sprint through the flat cones.

Coaching Points:

- Stay low with knees bent.
 - No crossing feet.
 - Keep chest up, arms active.
 - Push off the outside foot for power.
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3. Zig-Zag Agility Drill

Setup:

- Place 6–8 cones in a zigzag pattern across the court.

Execution:

1. Player sprints in zigzag, planting outside foot at each cone.
2. Explodes off the plant step to change direction quickly.

3. After last cone, player sprints straight through 4 flat cones.

Coaching Points:

- Stay light on feet, hips low.
 - Plant firmly with outside foot.
 - Eyes up (simulate reading the ball).
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4. Reaction Frog Hop Drill

Setup:

- Place 6 cones in a straight line.

Execution:

1. Player starts in squat position.
2. Coach calls “Go!” — player performs controlled frog hops forward, landing softly.
3. After 3–4 jumps, coach tosses a ball. Player must stop, control, and pass the ball back.

Coaching Points:

- Soft landings — bend knees to absorb force.
 - Use arms to swing for power.
 - Quality jumps, not maximum distance.
 - Keep core tight to avoid leaning forward.
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5. Carp Walk Drill

Setup:

- 2 parallel lines of cones, about 5–6 meters long.
- Players form 2 lines.

Execution:

1. Player moves forward using a **side-to-side wave motion** (like a fish).
2. At the end, player moves backward in the same wavy motion.
3. Next player starts when the first reaches halfway.

Weight Training Drills for U16 Volleyball

1. Lower Body Strength & Power (Jumping / Blocking)

- **Goblet Squat (DB or Kettlebell)**
Hold a dumbbell/med-ball at chest, squat with chest up.
 3×8–12
- **Romanian Deadlift (Light Bar / Dumbbell)**
Hinge at hips, keep back flat, slight knee bend. Builds hamstrings & glutes.
 3×10
- **Step-Ups (onto Box or Bench)**
Push through heel, switch legs. Improves single-leg jumping power.
 3×8 per leg
- **Box Jumps (Bodyweight + Weighted Vest Progression)**
Explosive jump onto box, step down.
 3×6

2. Upper Body Strength (Spiking / Serving Power)

- **Push Press (Light Bar / Dumbbells)**
Dip knees slightly, press overhead.

 3×8

- **Med-Ball Chest Pass**

Explosive throw at wall or partner, catch and repeat.

 3×10

- **Single-Arm Dumbbell Press (Seated or Standing)**

Builds shoulder stability for overhead motion.

 3×8 each arm

3. Core & Stability (Digging / Balance / Rotation)

- **Plank with Shoulder Tap**

From plank, alternate tapping shoulders without twisting hips.

 3×30 sec

- **Russian Twist (Med-Ball or Plate)**

Sit with heels up, twist side to side.

 3×12 each side

- **Farmer's Carry (Dumbbells or Plates)**

Walk 20–30m with weights in each hand, stay tall.

 3 rounds

- **Dead Bug with Med-Ball**

Hold med-ball overhead, extend opposite arm/leg slowly.

 3×10

4. Shoulder & Arm Care (Injury Prevention for Hitters/Setters)

- **Band External Rotations**

Resistance band, elbow at 90°, rotate hand outward.

 3×12

- **Overhead Hold with Med-Ball**
Hold med-ball overhead, walk 10–15m. Builds shoulder endurance.
 3 rounds

Volleyball drill:

Passing Drills

Drill 1: Close–Deep Passing (CloDrill 1)

Objective: Train movement forward and backward while keeping passing control.

Setup:

- Students in pairs, ~3m apart.
- One student starts with ball (server).

Execution – Level 1 (One Player Moving):

- Server tosses alternating deep and short balls.
- Passer moves forward for short pass, then back for deep pass.
- Continue deep–short pattern.

Execution – Level 2 (Both Players Moving):

- Players alternate roles after each ball.
- Player A tosses short → Player B passes.
- Immediately, Player B tosses deep → Player A passes.

- Continuous movement with both practicing.

Coaching Tips:

- Cue: "Short → Back → Ready."
 - Keep chest forward, hips low when moving.
 - Passer must recover to ready position after each ball.
 - Common error: running upright → remind to **shuffle, not sprint**.
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Drill 2: 3-Man Passing Progression

Objective: Build teamwork, ball control, and communication.

Setup:

- Coach with ball cart.
- Students in 3 lines across court.

Execution – Level 1:

- Coach tosses free ball to 3 players.
- They must complete **2+ touches** before sending ball back.

Level 2:

- Coach serves from opposite side instead of tossing.
- Still requires at least 2 touches.

Level 3:

- Players start lying down.

- Coach slams ball → players pop up and pass.

Coaching Tips:

- Cue: “Mine! Set! Go!” for communication.
 - Pass toward center target, not random.
 - Correct error: players bunching together → enforce **3-man spacing**.
 - Reinforce quick recovery after lying down.
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Drill 3: Pass & Tips (Cone “M” Drill)

Objective: Train passing accuracy under movement and reacting to tips.

Setup:

- 5 cones in “M” shape.
- Coach in tips zone.

Execution:

1. Start at Cone 1 → Coach tosses ball.
2. Shuffle to Cone 2 (no ball).
3. At Cone 3 → Coach tips ball, passer reacts and passes.
4. Continue to Cones 4 & 5.
5. Return ball, rejoin line.

Coaching Tips:

- Cue: “Move first, pass second.”
- Don’t chase missed balls → focus on next action.

- Keep shoulders square to target on each pass.
 - Stay light on feet — no heavy steps.
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Drill 4: Intensive Defense Drill

Objective: Improve defensive digging against hard attacks.

Setup:

- 1 line (≤ 6 players), 2 lines (7–12), 3 lines (12+).
- Coach at net spiking balls.

Execution:

- Coach spikes/throws balls.
- Player digs and passes back.
- Collect ball → rejoin line.

Coaching Tips:

- Cue: “See arm, read swing, dig.”
 - Keep chest forward, platform angled up.
 - Don’t stand tall — stay low in base stance.
 - Correct flinching → teach players to **move into ball, not away**.
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Drill 5: Behind-the-Head Pass

Objective: Train body control and backward directional passing.

Setup:

- Groups of 7–8.
- Cone ~3m in front.

Execution:

1. Student sprints to cone, touches, turns.
2. Coach tosses ball behind.
3. Student must turn fully and pass ball backward.

Coaching Tips:

- Cue: “Turn first, then pass.”
 - Hands slightly higher to direct ball backward.
 - Stay balanced — no leaning.
 - Correct error: running backward → force **pivot and square shoulders**.
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Drill 6: Side & Pass Drill

Objective: Train lateral quickness and accurate passing.

Setup:

- 1 line of students.
- 2 cones ~2m apart sideways.
- Coach near Cone 2.

Execution:

1. Sprint to Cone 1 → touch.
2. Shuffle sideways to Cone 2.

3. Coach tosses/hits ball → player passes to 3m line.
4. Return to line.

Coaching Tips:

- Cue: “Sprint → Shuffle → Pass.”
 - Emphasize shuffle, not crossing steps.
 - Angle platform to target even when off balance.
 - Land soft on shuffle, no stomping.
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Drill 7: 4-Man Passing / Setting Loop

Objective: Continuous rhythm passing and setting.

Setup:

- 2 lines facing each other, ~3–4m apart.
- 4 total players.

Execution (Passing Version):

- Player 1 tosses → Player 2 passes to Player 3.
- After passing, rotate across to opposite line.
- Drill flows in loop.

Execution (Setting Version – Lv2):

- Replace passes with sets using same rhythm.

Coaching Tips:

- Cue: “Ball never stops.”
 - Everyone must talk every touch.
 - Stay low, quick recovery after each pass.
 - If drill slows → reset tempo.
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Drill 8: 4-Man Roll Shot with Setter

Objective: Connect pass → set → controlled attack.

Setup:

- Passers at Pos. 1 & 5.
- Attackers at Pos. 2 & 4.
- Coach (or later student) as setter.

Execution:

1. Coach tosses free ball to passers.
2. Pass → Setter → Attackers (roll shot).
3. Continuous rally, with rotation.

Progression:

- Start with coach as setter.
- Progress to student setter.

Coaching Tips:

- Cue: “Pass high, set wide, roll smart.”
- Attackers focus on controlled placement, not power.

- Setter must face target and square shoulders.
 - Enforce communication each phase.
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Drill 9: 4-Man Square Passing/Setting/Spiking

Objective: Practice full cycle of pass–set–hit in small group.

Setup:

- 4 players in square.
- Roles: 1 = Spiker, 2–3 = Passers, 4 = Setter.

Execution:

- Spiker hits/tips to Passer.
- Passer → Setter.
- Setter → Spiker.
- Repeat continuously.

Coaching Tips:

- Cue: “Pass–Set–Hit–Repeat.”
 - Spiker must aim at passers, not random.
 - Setter squares shoulders every set.
 - Rhythm > power — keep ball moving.
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Drill 10: Figure 8 Passing

Objective: Develop agility and passing under continuous movement.

Setup:

- 6 cones (3 left, 3 right) in Figure 8 pattern.
- Groups of 3–4.

Execution:

- Coach tosses to passer in motion.
- After pass, player shuffles through cones in Figure 8 pattern.
- Repeat continuously.

Coaching Tips:

- Cue: “Low hips, quick feet.”
 - Always face coach when passing.
 - Stay balanced during side shuffle.
 - Emphasize stamina — keep drill non-stop.
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● **Drill 11: 2 vs 2 Progression Game**

Objective: Train game-like transitions and quick substitutions.

Setup:

- 2 lines each side.
- Court = 3m line only at start.

Execution – Level 1:

- 2v2 above 3m line.
- Player who passes ball over net exits.

- New player rotates in.

Progressions:

- **Lv2:** Any player who touches ball exits.
- **Lv3:** Expand to full court 3v3.
- **Lv4:** Full court, all touches rotate out.

Coaching Tips:

- Cue: “Touch and out.”
- Players must always be ready on sideline.
- Quick recognition of roles after rotation.
- Emphasize **game realism** — keep rallies live.

Setting Drills

Drill 1: Bounce Setting Progression

Objective: Improve timing, positioning, and hand control.

Execution – Level 1 (Bounce 1):

- Toss ball upward.
- Let it bounce once.
- Move under and catch in setting position.
- Repeat multiple times.

Execution – Level 2 (Bounce 2):

- Toss ball upward.
- Let it bounce twice.
- Stay low, wait, and set ball high after second bounce.
- Repeat cycle.

Coaching Tips:

- Cue: “Wait, move, set.”
 - Read bounce trajectory early.
 - Feet must stop moving before set.
 - Keep hands above forehead, elbows bent, palms open.
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Drill 2: Outside Set Accuracy

Objective: Improve setting accuracy to outside hitter zone.

Setup:

- Cone/hoop target at outside hitter zone.
- Students line at setter spot.

Execution:

- Coach bounces ball toward setter.
- Student sets ball to cone/hoop.
- Rotate quickly.

Coaching Tips:

- Cue: “Square and extend.”
 - Feet to ball, square shoulders to target.
 - Extend arms fully on release.
 - Emphasize high trajectory, not flat set.
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● **Drill 3: Bump Set to Outside**

Objective: Develop forearm setting accuracy.

Setup:

- Coach tosses ball to floor, lets it bounce up.

Execution:

- Student moves low, creates strong forearm platform.
- Directs ball high to outside hitter area.

Coaching Tips:

- Cue: “Angle decides target.”
 - Lock elbows, no swing.
 - Use legs/core to lift ball.
 - Call “Outside!” loudly for communication.
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● **Drill 4: Under-the-Net Setting**

Objective: Train quick footwork and ball control in low movement.

Setup:

- Players line one side, coach tosses from other side.

Execution:

- Player moves under net.
- Waits for one bounce.
- Sets ball back to coach.

Coaching Tips:

- Cue: "Low and balanced."
 - Always watch ball when crossing under.
 - Use legs for lift, not just hands.
 - Progression: toss lower for more challenge.
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Drill 5: Up and Up Drill (Pass–Set–Pass)

Objective: Improve transition from defense → setting.

Setup:

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

Execution:

- On coach clap:
 - Left-side player runs to 3m line.
 - Right-side player receives ball.
- Right-side passes to left-side.

- Left-side sets back.
- Right-side passes to coach.
- Rotate.

Coaching Tips:

- Cue: "React, talk, connect."
 - Fast first movement on clap.
 - Smooth transition pass → set → pass.
 - Loud calls every touch.
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● Drill 6: Pass–Set with Cone Shuffle

Objective: Combine footwork with setting.

Setup:

- One line of students.
- Cone 3 feet left or right of first student.
- Coach at setter position.

Execution:

1. Coach tosses ball.
2. Player passes ball.
3. Immediately shuffle to cone.
4. Coach sets ball back.
5. Player sets ball back to coach.

6. Next student goes.

Coaching Tips:

- Cue: “Pass → Move → Set.”
 - Feet must stay quick, shoulders square.
 - Don’t set while moving — stop first.
 - Emphasize accuracy back to coach.
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Drill 7: Wall Setting Progression

Objective: Build hand control, stability, and advanced setting coordination.

Setup:

- Each student with 1 ball.
- Safe distance from wall.

Execution – Levels:

- **Level 1:** Continuous sets against wall.
- **Level 2:** Small set + big set rhythm.
- **Level 3:** Set while squatting down.
- **Level 4:** Set → rotate body → continue.

Coaching Tips:

- Cue: “Soft hands, strong legs.”
- Stable hand shape (triangle).
- Wall height = consistency check (too low = weak).

- Keep core engaged to avoid drifting.
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Spiking Drills

Drill 1: 3-Step Approach with Cones

Objective: Train approach rhythm, synchronization, and arm swing.

Setup:

- Cones across 3m line.
- Coach at net supervising.

Execution:

- First student does 3-step approach at net.
- Side shuffle to next cone.
- Repeat approach.
- Next student synchronizes with first.

Progression:

- Same drill, 2-step approach.

Coaching Tips:

- Cue: “Slow–Fast–Explode.”
- Arms swing back then up on last 2 steps.
- Stay inside sideline, land balanced.

- Synchronization is key — players must watch timing.
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● **Drill 2: Arm Swing Progression**

Objective: Teach spiking arm mechanics.

Execution Levels:

- **Lv1:** Standing, swing under net.
- **Lv2:** On one knee, swing under net.
- **Lv3:** Standing, over net.
- **Lv4:** On one knee, over net.
- **Lv5:** On box, spike over net.

Coaching Tips:

- Cue: “Elbow high, snap wrist.”
 - Contact at peak height.
 - Follow through across body.
 - Relaxed → explosive → relaxed sequence.
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● **Drill 3: Spiking Progression with Passing**

Execution Levels:

- **Level 1:** Coach sets ball, player approaches/spikes.
- **Level 2:** Player passes ball → coach/setter sets → player spikes.
- **Level 3:** Pass line & spike line → pass, set, spike cycle.

Coaching Tips:

- Cue: “Footwork first, timing second.”
 - Emphasize jump timing with set.
 - Arm swing consistent each rep.
 - Players rotate roles for full skill cycle.
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● Drill 4: Wall Spiking Drill

Objective: Reinforce downward swing mechanics.

Setup:

- Each student with 1 ball, ~2–3m from wall.

Execution:

- Toss slightly forward.
- Perform full spike swing into wall.
- Focus on control, not power.

Coaching Tips:

- Cue: “Elbow high before swing.”
 - Contact ball same spot every time.
 - Follow through — arm across body.
 - Don’t swing wildly — precision first.
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● Drill 5: Kneel → Stand → Spike

Objective: Explosive transition from low → spike.

Setup:

- Each student with ball, kneeling.

Execution:

- Stand up quickly.
- Do 2–3 step approach.
- Toss ball, spike over net.

Coaching Tips:

- Cue: “Explode from ground.”
 - Ball toss slightly forward, not too high.
 - Smooth toss-to-swing timing.
 - Stay balanced after jump.
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Serving Drills

Drill 1: Float Serve Fundamentals

Objective: Teach proper float serve form.

Setup:

- Students line at service line.
- Cones/hoops = target zones.

Execution:

- Step with opposite foot forward.
- Toss ball shoulder height, in front.
- Strike middle of ball with open hand, no wrist snap.
- Aim for target zone.

Progressions:

- Lv1: Serve inside court.
- Lv2: Full baseline.
- Lv3: Target zones.

Coaching Tips:

- Cue: “Flat hand, no spin.”
- Stable toss, ball in front of hitting shoulder.
- Tall posture on contact.
- Look for float/wobble effect in flight.

● Drill 2: Wall Contact Control

Objective: Practice clean hand-ball contact.

Setup:

- Each player ~1–2m from wall.

Execution:

- Toss ball, strike with open palm.

- Ball rebounds straight back if contact is correct.

Coaching Tips:

- Cue: "Middle of ball, no curve."
 - Watch spin — correct to flat.
 - Hand must stay firm, no floppy wrist.
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Drill 3: Partner Serving Target

Objective: Improve serve accuracy with live partner.

Setup:

- Server one side, catcher other side.

Execution:

- Server aims serve directly to partner.
- Catcher limits steps, catches cleanly.
- Switch roles.

Progression:

- Catcher starts in middle, moves after toss.

Coaching Tips:

- Cue: "See target before serve."
- Aim at chest height of partner.
- Control toss — consistent placement.

- Don't chase power — focus on accuracy first.
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● **Drill 4: Toss & Catch (Jump Serve Prep)**

Objective: Teach jump serve toss accuracy.

Execution:

- Player performs serve toss.
- Instead of hitting, they catch at peak in front of hitting shoulder.
- Progress: Add approach steps → still catch instead of hit.

Coaching Tips:

- Cue: "Toss in line with hitting arm."
- Peak of toss must be within hitting zone.
- Don't chase toss — if bad, reset.
- Emphasize repeatable toss consistency.