

# Game Speed Ball Control Drills

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Two and three-person ball control drills. These drills are designed to be player run for those of you with a limited coaching staff. It's important to make sure the player or tosser running the drill understands the tempo for the drill so the player in the drill can receive a maximum number of touches.

## **Keys to ball control drills**

1. Proper technique: move feet through ball, limit swing
2. Good toss; keep the drill at a good tempo
3. Repetition: opportunity to practice correct movement over and over
4. Always moving, never stopping, never standing
5. Face the play, be ready to play the next ball

## **The goals for ball control drills**

1. Maximize touches on the ball
2. Get your feet moving through the ball
3. Fight to keep your hip facing the court
4. Work your platform
5. Get your players moving at game speed

## **Two, three and four, person ball control drills series:**

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|---------------------------|---|
| 1. Up and Back passing    | 2 |
| 2. Up and back setting    | 2 |
| 3. Side to side short     |   |
| 4. Side to side w/ tilt   | 2 |
| 5. Side to side long      |   |
| 6. Corners passing        | 2 |
| 7. Tip up the line        | 3 |
| 8. Russian drill          | 3 |
| 9. Lanes narrow           | 3 |
| 10. Lanes wide            | 3 |
| 11. Under the net passing | 3 |
| 12. Inside out passing    | 4 |
| 13. Outside in passing    | 4 |
| 14. Run through           | 3 |
| 15. Cross Country         |   |

### Team Ball Control Drills

16. Player touch knee pad drill	time	team
17. Defensive touch drill	12	team
18. Player initiated throw drill (Weave)	15 good passes or time	team
19. Butterfly Drill	time: 2 min	team
20. Base to read: 8-10-25 25 over net cooperative		team
21. Set Across court drill: 3 lines	time: 2 min	team

### Wash drills/ coach initiated from one side

22. Hand to hand combat		
23. 3 on 3 back row; roll shot and tip only; score if person hits floor; thumb up/ thumb down		
24. Blue lips drill	5 kills/ 2 blocks	Team
25. MB delight	first to 15	Team
26. OH delight	first to 15	Team
27. RH delight		Team

### 2-Player Pepper Warm up Drills

28. Catch	
29. Long set back and forth behind 10 ft line to base line; ceiling set	10 X each
30. Set yourself; back set to partner	10 X each
31. Set yourself; side set; left first, right second	10 X each
32. Jump setting	10 X each
33. Pass to yourself; left arm, right arm, pass to partner	10 X each
34. Pass to yourself, head, pass to partner	10 X each
35. Pass to yourself; pass over your head; pass to partner	10 X each
36. Partner pass to middle - Partner 1 passes ball in middle and shuffles back as partner 2 runs to middle and passes straight up	10 X each
37. Long passing behind 10ft line to base line; ceiling pass	10 X each
38. Pass and touch ground in squat position; always in different direction. L, R, behind left, right, behind. Simulate bump set	10 X each
39. Short Passes 6 feet away from partner; ball passed 2 feet off ground. Ball is low and pass is fast.	10 X each

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|---|---------------------------|
| 40. Dig to yourself; set to your partner  | 10 X each                 |
| 41. Set to yourself, hit to your partner  | 10 X each                 |
| 42. Partner attack/ set back  | 10 X each                 |
| 1 partner is couple feet off net, 2 partner is base line.   |                           |
| 43. Partner attack/ overhead defense  | 10 X each                 |
| 1 partner is couple feet off net, 2 partner is base line. Attack ball high at face so partner 2 has to overhead dig to partner 1. Simulate hard attack. |                           |
| 44. 3 L/R partner toss or bounce, rolls right/ 3 rolls left   | 6 X each                  |
| 45. Dig 5 in a row  | 2 X each                  |
| 46. Normal pepper, Chase shanked ball and play right away   | 1 minute & switch partner |
| 47. 2 on 2 over net   |                           |
| Tip behind 10ft line, set 2-ball. Get 8 as a group.   |                           |