



IHSVCA CLINIC PRESENTATION
Serve Receive Techniques and Strategies
1:30-2:35pm

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Basics

- Avoid over complicating Serve Reception by creating your lineup around your pass
- Put major emphasis in practice on first ball contact
- Your legs are the gas and the breaks; your arms are the steering wheel. Use the legs to cushion the power from the serve, use your arms to direct your set
- You will be able to build and expand your offense from having a solid ball to your set

*Posture check- make sure your players are in a mid-stance, eyes on server, identify ball before it crosses the net, pull it in to your body, squeeze and drive to target

*Do not be afraid to toy with things until you find what works for your team ie: passers square to server or angled into the court.

KEYS:

- Biggest KEY in serve reception: ATTACK THE BALL WITH YOUR FEET BEFORE YOUR HANDS (Have players start with hands behind their back to help with this concept)
- Posture, posture, posture
- Cushion the ball and push the ball to target
- In drills only allow your setters 1,2 steps
- With our athletes we get away from the 3,2,1,0 pass, they can see what the pass is so simplify with keeping the setter limited in movement
- Be Creative, each passer is different and not everyone has a libero mentality
- *Incorporate serve reception into practice every day

Lesson Plan

1. SR BALL CONTROL

- Need- elastics and poll pads
- Working on targeting with our platform
- Have athletes in partners, one tossing and one with elastic around the waist, help to extend the platform
- Partner passing needs to stay behind the pole pad or noodle can't step on or over
- *Working on platform isolation and targeting 12 and switch
- Can do partner work or do as whole group to focus on group platforms
- 2. Platform isolation from serve reception spots
 - have player on opposite side on box throwing at the passers with a live setter in, 5 balls and passers move to new position. Throw quick fire
 - *This is when you find how your passers tick and where they are most successful
 - *teach roles, one takes the ball, what are the other two doing?

ADD when ready 3 IN SR

-2 SERVERS ON BOXES 1 IN LB 1 IN RB, ALTERNATE SERVE *ONE SERVES SHORT ONE

SERVES DEEP FLOAT

Rotate every 3 passes

HAVE LIVE SETTERS WITH OFFENSE WORK ON PASS TO COVER TO BASE RE SET FOR NEW SERVE

3. 6 on, servers on opposite side
 - Have your libero or ds, switch the SR every 3 balls.
 - *Work on libero to team communication and making her think quickly
 - *Libero is your quarterback in the back row, train them to be more than the big plays
4. 3 passers in the back with passing elastics on waist work on platform isolation with a live serve, add cones behind the passers to teach the concept of defending the cones. We always want to be working the ball forward
5. Ace and replace 3 min sessions
6. Starting lineup on, they must get through all 6 rotations in 5 min, make an error and they start back in 1 (work on communication, pressure passing and sense of urgency)

Keep your serve reception teaching in progressions. Isolate the posture, platform, feet before moving into advance drills. There is no shame in keeping things simple, build your passing foundation first and then add when your players are ready. Serve receive is confidence, make it a normal part of your practice so that kids don't dread it. Put emphasis on your players giving themselves positive feedback and you fine tuning the details for them. Do not overwhelm your passers with numbers and data, they spend 8 hours a day in class, data overloads the brain... teach them to compete, play clean and support success!

Perfect passing

-Correct Posture

-Attacking with feet before hands

-Solid platform

-Shoulder control to target

*Let your players create drills, confidence comes from feeling involved in their development