



13U

Serving:

- Overhand Serve (proper technique)

Passing:

- Movement to the ball, split step (solid base)
- Platform (elbows locked)
- Contact (away from body)
- No overhand passing allowed

Setting:

- High contact point
- Extend elbows
- Finish with thumbs

Attacking:

- 2 step approach, spaced off the net
- Full arm swing
- Keep opposite arm high
- Finish with big hand and wrist snap

Blocking:

- Eye work (read hitter)
- Shuffle step

Defense:

- Reading and movement to the ball
- Ready position
- Contact (same as passing)

Reading:

- Teach athletes what to look for and how to anticipate (use non volleyball drills as well)

Movement:

- Transition off the net
- Move to the ball on serve receive
- Pass to attack

*How does each skill feel and look? – make sure to show athletes both of these.

*Design drills for skill acquisition – 2,3,4 person drills to maximize reps

Offensive System – 6-0, whoever is in position 2 sets

Defensive System – Everyone plays back row (no libero), six back, spread block (outside blockers starting an arms length from the antenna)

LTAD – Teach athletes to have fun, enjoy the game and not worry about the score.

Mental training – Team work and team support.

