



## 14U

### Serving:

- Overhand Serve (proper technique)
- Teach athletes to serve to all 6 positions on the court

### 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:

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

### Blocking:

- Eye work (ball setter ball hitter)
- Quick 1, quick 2.

### Defense:

- Reading (ball setter ball hitter)
- Ready position
- Contact (dig to self drills)

### Reading:

- Ball setter ball hitter (with more emphasis on the setter and hitter)
- Work on defenders and blockers reading setter.

### Movement:

- Defensive range (moving to ball passed/attacked away from athlete)
- Defensive transition

\*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 – 4-2 or 6-2, 3 person serve receive.

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

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

Mental training – Team work and team support.

