



18U

Serving:

- Jump float or spin serve
- Strategy of serving certain locations

Passing:

- Passing slightly off midline (teach to pass on both sides – manipulate platform angle)
- Contact (away from body)
- Overhead passing

Setting:

- High contact point
- Extend elbows
- Finish with thumbs
- Setters should jump set every ball possible

Attacking:

- Teach multiple shots
- Refine back row attack
- Run speed to the outside.

Blocking:

- Eye work (ball setter ball hitter)
- Swing blocking.
- Timing, penetration.
- Pick up hitter.
- Teach “in system” vs “out of system”
- LS front setter

Defense:

- Reading (ball setter ball hitter)
- Ready position
- Contact (dig to self drills)
- Overhead digging, defensive shifting and curling

Reading:

- Continue to teach athletes what to look at (anticipate the next play)

Movement:

- Should be incorporated into all drills

Offensive System – 5-1. 3 person serve receive, should be running 3-1’s, steps and back row in system. Work on overload and spread.

Defensive System – Everyone plays back row (no libero), six back, bunch block with swing blocking technique. Funnel blocking in out of system situations.

LTAD – Teach athletes to play to win in practices and games.

Mental training – Imagery and visualization, mental toughness, sacrifice, commitment, leadership.