

SAGE 2014 Volleyball Warm Up Ideas for Middle/Senior Years

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- Dynamic warm-up ideas specific to volleyball
- Drill variety to improve athlete skills from simple to more demanding situations/tasks
- Offensive and Defensive strategies for the athlete at this learning stage
- Question and answers throughout this session

Warm Up Ideas

- Skills based
 - Isolate one skill and add skills and new focus when athletes are ready. e.g Butterfly Drill, Serve & Chase, Fish out of water
- Game Like/Competition
 - e.g. Monarch of the Court, Doghouse, Rotation 4's, Go to 15, Touch the ball: Touch the wall
- Developing athletic skills
 - e.g. Team Canada warm up, L.O.G.'s and tag games, soccer
- Ridiculous and Fun
 - e.g. "Hockey", "Tennis"

Designing the Perfect Drill

- Be specific in your expectations. Have a purpose. Why are you creating this drill? Clearly communicate the purpose beforehand.
- Considerations: Space, time, # of athletes on team, abilities. Involve as many players as possible. (No one should sit out for more than a few minutes)
- Best Drills are Pass-Set Hit
- Best Drills are Game-Like
 - Please use the net!
- Best Drills are competitive
- Assign point values; larger values to what you want to see.
- At the beginner's stage, adapt for high # of reps, and high success rate. Eliminate variables. Add variables as skill level progresses.
- Allow for natural consequences. (i.e. If you cannot pass, you cannot hit)

Teaching Athletes

- **Do not** Overload athletes with too much information
- Demonstrate
- Use Cues. (Short and Simple)
- Know your learners and what teaching method works best.

Offense

6-0, 6-2, 5-1, 4-2

6-0

Pros: Everyone Learns to Set, Everyone learns to Hit. Can strategically place your rotations based on skill levels. Athletes all provided an opportunity to develop. Athletes are still developing at this age.

Cons: May not be a "winning" combination, but is that why we are coaching?

6-2

Pros: The offensive strength of 3 hitters at all times

Cons: Different setters set differently and having two setters means that your hitters don't have the continuity provided by a single setter. Also, you lose the advantage of a setter who can attack from the front row

5-1

Pros: Continuity of having one setter run your offense and setter allowed to dump/attack

Cons: At the middle years level, having only two available hitters in the front row when the setter is also there (making for a more predictable attack)

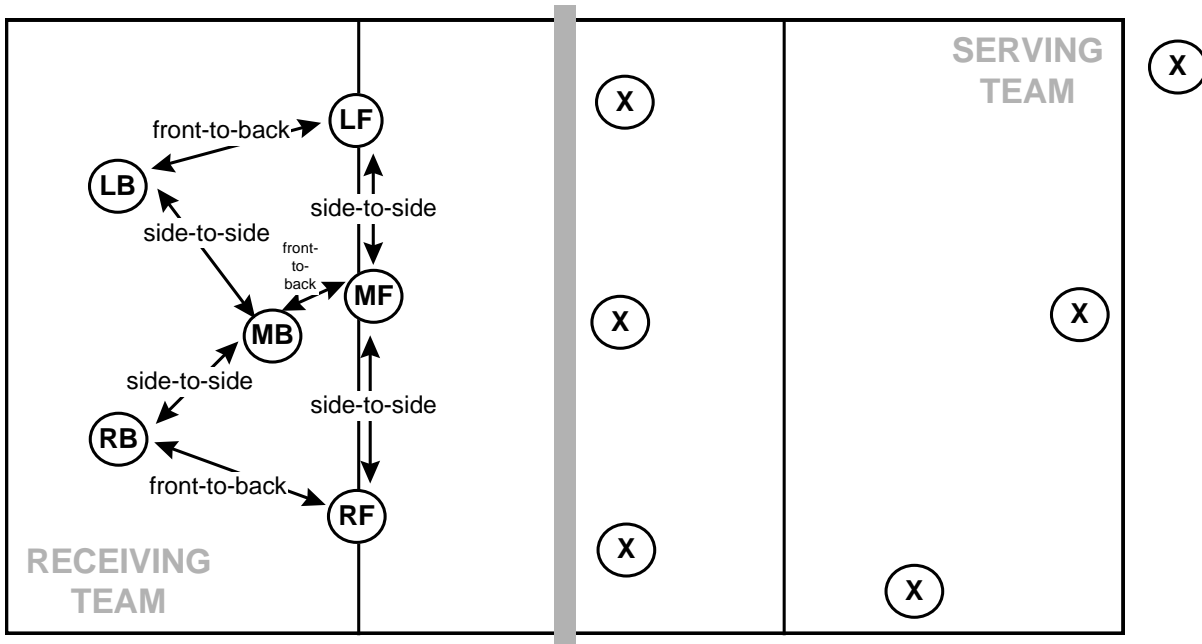
4-2

Pros: If running your setter in position 3, it places your setter more near the middle of the court and enables her to play more second hits (allowing for a little less precision in passing). If running your setter in position 2, this could be an advantage if you have fairly young, inexperienced setters who have not yet mastered a "backset" - with the setter in right front you will still have two hitters, but they will both be FRONT sets for your setter. A 4-2 also allows two setters to run your offense without all the switching of positions that goes on in a 6-2.

Service Reception

W vs Cup vs 3 Person

- Know the Overlapping rules and design a serve receive for what is best for your team.



Defense

6 up vs 6 back

- Base Defensive Positions
- 6 up- Basic Defensive Positions- 1 blocker and maintain the "W"
- 6 Back- A Perimeter defense