



Serve Reception- Pressure Passing

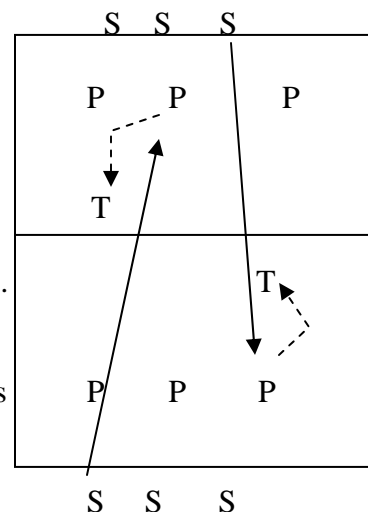
Drill Name: 3 Person Serve Receive

Purpose: Increased Contacts for perfection passing off serve receive.

- This drill is great for increased contacts and can add an element of pressure by having a specified criteria to meet. It is important to have active movement before the contact to ensure that the passing platform is positioned facing the target (setter).

Description:

- 3 Passers on both sides of net.
- Targets in position 2 ½ (you can use a setter)
- All other players will be serving.
- Passers will assume a ready position and move to pass the ball from Serve Receive.
- One server from both sides of the net will serve at same time (forces passers to concentrate).
- Passers will have to reach a specific number in order to rotate passing positions.
- When each passers has passed from all 3 positions add new passers.



Alternate Drill:

- Must get a specific number of good passes out of a total 30 serves ie. 24/30 (advanced) or 18/30 (intermediate)
- Only a perfect pass will be counted
- Add a setter to the drill. They must set a specific set (95, 15, 51) from all good passes.
- Each time a server misses, they must be given a consequence (5 push ups etc.)

Key to the Drill:

- **Active Movement:** The passer should move toward the ball with their feet first to set up the passing platform. Too often athletes reach for a ball without moving their feet first, and the pass is made from outside the midline of the body. By moving the feet first a pass is more likely to be made from the center of the body, from a stable position.
- **Body Position:** On contact the body should be positioned so that the passing platform is facing the target (setter).



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- **Platform Angle:** When passing at a great distance to the target the platform angle should be decreased (45 degrees or slightly less) and the legs should be used to push the ball to the target, again keeping the weight moving forward.
 - Please note: The closer the pass is to the net, the higher the platform should rise (parallel to the floor), and the passer's seat should be underneath the passing platform. This keeps the ball from traveling into the net or over the net into your opponent's territory.
 - Off serve receive a passer will need to control the pass with their legs. Depending on the distance or pace of the ball, more or less push from the legs will be required.