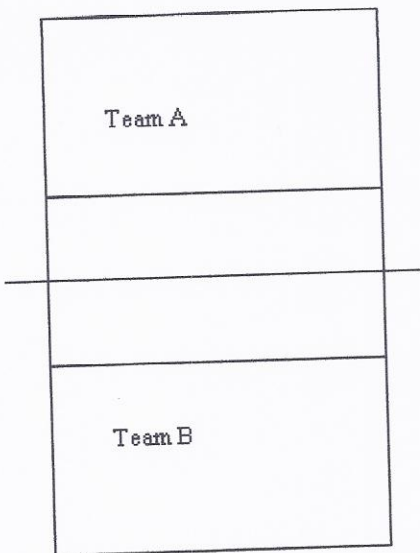


Serving: Dead Fish



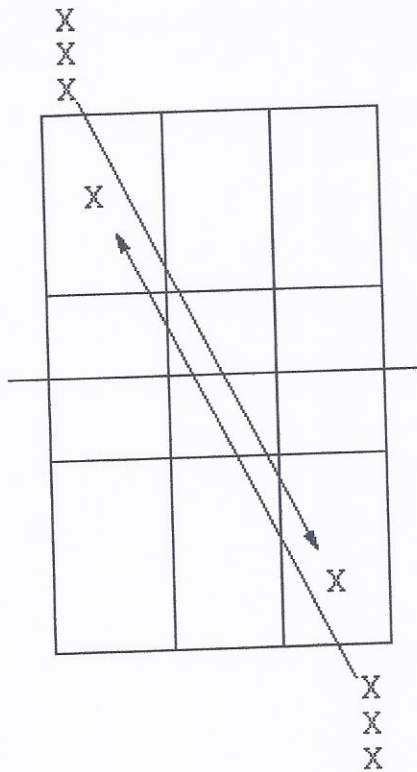
Objective:

Practice serving and serving accuracy

1. Split up players into two even teams.
2. Both teams continuously serve, make sure they concentrate before each serve.
3. If a player misses a serve they must go lay on the other side of the court.
4. The players that are laying down "dead fish" cannot serve again until one of their teammates strikes them with a served ball.
5. The team with the most players standing after time runs out (2 or three minutes) wins.
6. Winning team choses penalty for losing team.

Drill Submitted by:
Scott Johnson

Serving: Around the World



Objectives:

Practice serving with some pressure.

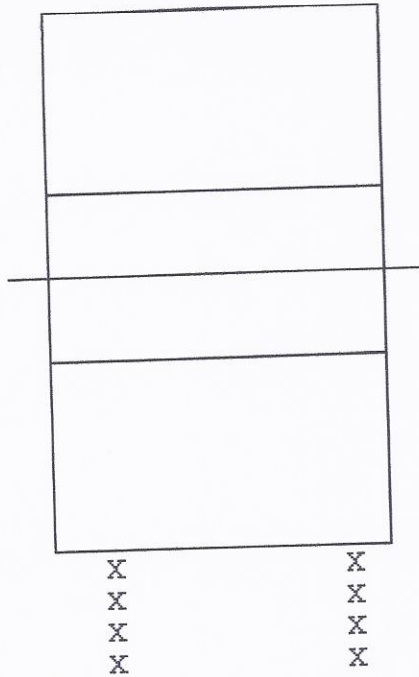
1. Each team must serve a ball to each area of the court.
2. The team starts with a player in area one.
3. When the team serves to their player, who is sitting down, and they can catch the serve, the server moves and sits in the next area of the court.
4. The target goes back to the line and serves.
5. The teams continue until a team serves a ball to a player in each area.

Diagram Key:

X = Servers

From Maxine Mehus, Head Coach, Emporia State

Serving: Serving Relay



Objectives:

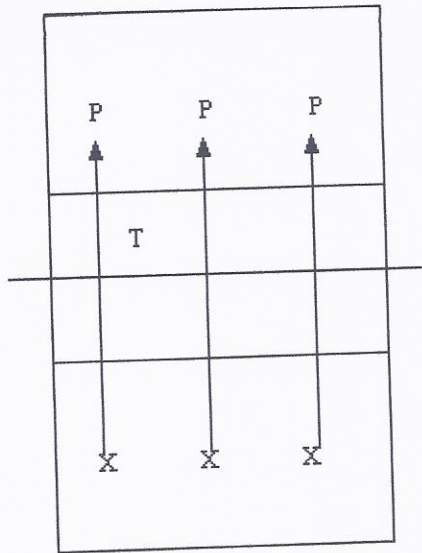
Practice serving with some pressure.

1. Make two even teams.
2. The first player from each team serves.
3. The player must go and retrieve their serve.
4. If they missed their serve they must serve again, until they make their serve.
5. Once the first player makes a serve and retrieves the ball they can give the ball to the second server.
6. Continue until everyone has served.

Diagram Key:

X = Servers

Serving Reception: Overhead Passing



Objectives:

Practice the transition from serve receive to hitting.

1. Starting from left to right the hitters give the passer in line with them down balls.
2. Passer must decide whether to forearm pass or over head pass each ball to the target.
3. Alternate down the line of hitters.
4. Set a goal for number of good passes.

Things to focus on:

Call the ball early, follow the ball out, make the appro

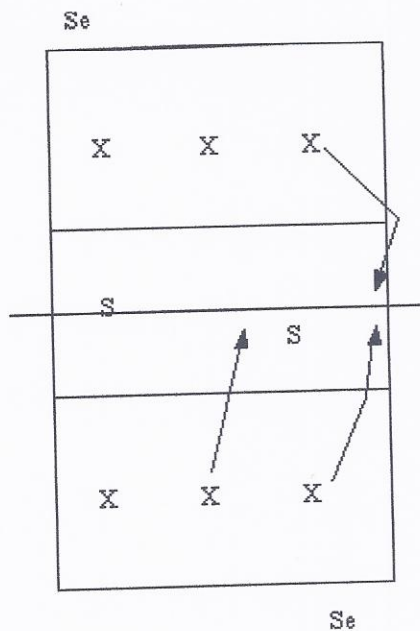
Diagram Key:

X = Hitter P = Passer T = Target

**Return to
Main Page**

From Maxine Mehus, Head Coach Emporia State University.

Serving Reception: Serve Receive Transition



Objectives:

Practice the transition from serve receive to hitting.

1. Two groups of five on each side of the net, three passers, one setter, one server.
2. Alternate serves.
3. The passer passes to the setter.
4. The setter sets the person who passed the ball.
5. The hitter calls an appropriate set call for where they are after the pass.

Variations:

1. Hitters can only hit back row.
2. Call plays.

Diagram Key:

Se = Server X = Passer S = Setter