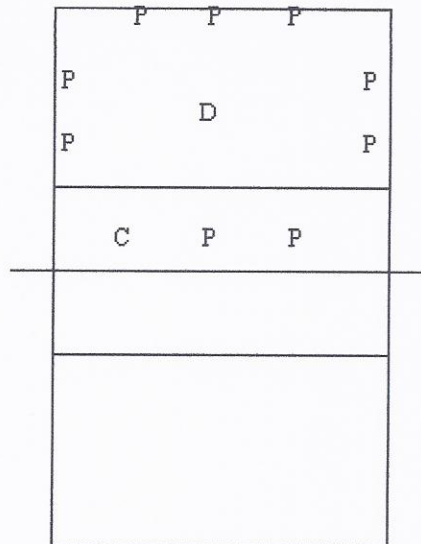


Conditioning: Blue Lip



Objectives:

Get in game shape while passing balls.

1. Put players in a circle around edge of court with one player in the middle.
2. Coach hits, tips, and throws balls all over the court.
3. Defender must pass the ball so that a player on the outside of the circle can catch it. (They can dive from thier spot but not move otherwise)
4. Player is done when 15 balls are caught by teammates.

Diagram Key:

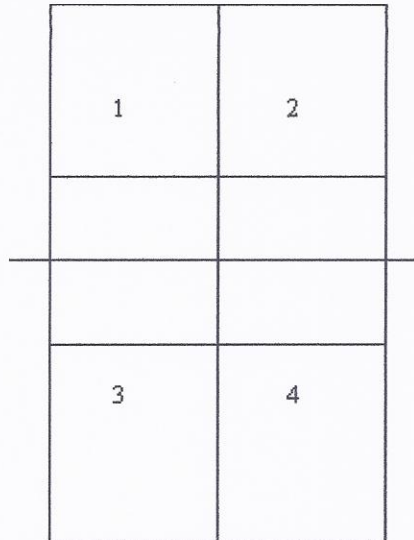
C = Coach P = Player D = DefenderDrill

Submitted by:

Cameron Baird, Club Inferno Volleyball

Volleyball Conditioning: Volleyball Four Square

P



Objectives:

To teach coverage of large area, practice anticipation and movement without ball.

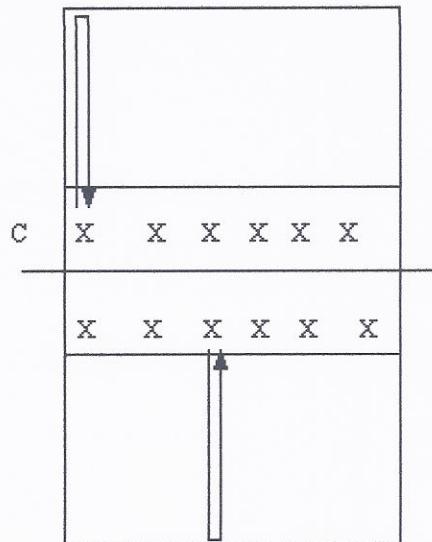
1. Start with players randomly assigned to square.
2. Player in square one serves underhand to square three or four.
3. Goal of game is to get to and stay in square one.
4. If a ball lands in a square the player in the square is out of the game. (To end of line or to square 4), or if a player hits an error (into the net or out of bounds).
5. Players move up to fill in empty squares.

Diagram Key:

P = Player # = Square Number

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Volleyball Conditioning: 10' Line Game



Objectives:

A Good warm-up that teaches players to see movement on the other side of the net.

- 1 Play a game inside the 10' line.
- 2 Coach tosses balls into the court to start play.
- 3 Everytime a player touches a ball they must run and touch the end line before returning to play.

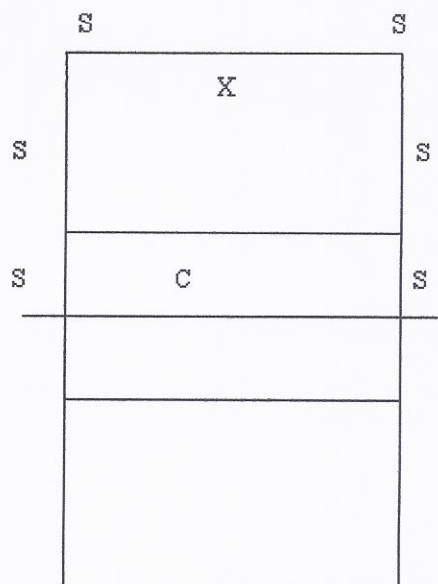
Variations:

- 1 The team that loses a point has to do two pushups, and the coach tosses the next ball in before the entire team is finished.
- 2 Play a best 3 out of 5 match to five points, rally scoring.

Diagram Key:

X = Player C = Coach

Volleyball Conditioning: Twenty Ball



Objectives:

Teach relentless pursuit and conditioning.

- 1 Coach rolls a ball on the court anywhere they want to.
- 2 The player must touch the ball before it leaves the court.
- 3 The player must touch twenty balls before they are done.
- 4 If a player does not touch a ball before it reaches out of bounds they must touch an extra ball before they are done.

Diagram Key:

C = Coach X = Player S = Shagger

From Stacy Wagner, former Clemson player.