

Volleyball Alberta Jan 13 2018
Training Serve and Serve Pass U13-U16

Training Serve Pass
Platform controls direction and trajectory (antenna demo)

Keys

Ready position is athletic ready to move (not too low) facing the server
platform faces target on contact
platform away from body
set platform early
level body position, very little or no upward movement of the head

Drills

Blocked 2 examples
Variable 2 examples

10,000 Drills in Sixty Minutes: Kerry MacDonald

Training Standing Float

Starting Position left foot forward
Toss in front of hitting shoulder
Body rotation behind the ball
Body rotation through the ball
Arm action
Acceleration is smooth
Hand position is firm open or closed
Contact position is high and in line with shoulder
Palm faces target

Training Jump Float

Starting position 3 to 4 m back from end line, right foot forward
Start left foot, do a 3 step approach
Two hand toss dead ball no spin
Hitting arm up and back with body rotation
Jump forward into court
Contact position is high and in line with shoulder
Palm faces target

Training Jump Spin

Starting position 3 to 4 m back from end line right foot forward
Start left foot do a 3 step approach
Toss one hand with spin
Arm up and back with body rotation like spiking action
Slow to quick foot work.

Drills

2 Blocked drills
2 Variable drills

Tactical Considerations

Serve weak passer

Serve front row hitter to make it harder for them to attack

Serve seams to make opposition passers make decisions

Serve zones to make it harder for the other team's setter

Serve zones to make it easier for your blockers