

Warm Up Drills

A good way to start practice is to challenge your team (according to their abilities and age) to “Team Focused” Warm Up. This is usually about 15 minutes of drill time that has a goal for the team to achieve. There really shouldn’t be a consequence for not obtaining their goal during warm up time, but a good rule to stick to, is telling them that next practice they’ll have the same warm up and goal to try for. It gives them a mental side to focus on as well. If they do accomplish their goal, you can always add to it and throw in variations.

Here are some good Warm Ups to utilize in your practices.

A. Cross Court Pepper

Focus: Team Ball Control and Talking/ Communication

The team divides up on both sides. Players in target areas (setter areas) on both sides of the net. Outside Attackers and Left back base. Line feeds in from Left Back.

Ball is initiated into the drill (coach) and passer passes to target-target sets to outside- outside swings cross court (across the net) to left back. Drill Repeats.

You can add 2 passers on each side (middle back and left back) to help with ball control.

Easy Variation: Players only stay on their sides of the court and once they contact the ball they get in line to hit. (So hitters and passers are switching). Setters stay at target and set only.

Harder Variation: All players follow their ball. Meaning, once they contact the ball, they run to next position. They rotate through both sides of the courts.

GOALS: Get 10 consecutive contacts in a row. / Free balls over are a wash. / Force the jump and swing from attackers./ If 10 is easy, set the goal higher.

B. 3 Team Pepper

Focus: Team Ball Control and Communication

The team creates 3 lines on one side of the court (End Line). First 3 on the court. The coach initiates the ball over the net and the 1st person to pass the ball, immediately runs under the net to the other side. The 2nd person sets the ball and immediately runs under the net to the side with the 1st passer. The 3rd person contacts the ball over (immediately running under the net) to the 1st passer (now on the other side) and Pass-Set-Hits repeats. Once the group does the 2nd contact, they run to the lines and waits to get back in.

Easy Variation: Keep the focus on just keeping the ball in play. Don’t stress too much on jumping and hitting the 3rd contact.

Harder Variation: Force the 3rd contact to be an approach and swing. NO EASY ROLLS.

GOALS: Team needs to keep the ball alive for whatever number of Pass-Set-Swings they are capable of. Look for consecutive contacts. Start back at 0 if the ball drops.

C. Four Square

Focus: Ball Control and Communication.

The team pairs up into 2’s. The court is divided down the middle (Think about what the actual game of 4 Squares looks like). You can use cones or rings, if needed. The ball is served from Area 1 on one side of the court through the whole warm up only. Pairs file in from area 1 on the

opposite side of the court always. *Think about all 4 sections being ranked 1-2-3-4... again like the real game of 4 squares.*

The ball is played like doubles and the only team that can play it is the side the ball is on. They can swing to anywhere on the court, but the only team that can play it is if the ball comes to you. The team that makes the mistake gets knocked out and goes to end of the waiting line with their partner.

Goal is to get to square 1 and be the serving team and stay there.

GOAL: Time them for 10 minutes. Team that gets to square 1 the most wins.

D. **Short Court**

Focus: Team Ball Control and communication

The team stays within the 10 foot line area (on both sides) for all contacts. Divide up equally and it doesn't matter where they are position wise. Ball is initiated in and the girl calls it. She passes with platform or hands and takes off to sprint to touch the back line and runs back. Each side does this for 3 contacts (Pass- Set- Tip or Roll) and after each girl contacts she runs to touch the line and sprints back to keep the ball alive.

GOALS: Time them to keep it alive for a set amount of warm up. Make sure everyone is getting contacts in this warm up so they get to condition as well with the sprint. Make sure they call the ball.

E. **Back Row Cross Net Pepper**

Focus: Team Ball Control and Concentrating on discipline.

The team has 3 players on both sides of the courts. The waiting line to feed in is on left back side. 1st time through, The play must follow: Middle Back pass - Right Back sets – Left back swings in order to count as 1 completion. They are looking to get 10 in a row that follows that pattern. 2nd time through, the play must follow: Right Back pass – Left Back Sets – Middle back swings. Again 10 in a row that follows that pattern. 3rd time through, the play must follow: Left back pass – Middle back sets – Right back swings. They are looking to get 10 in a row that follows that pattern.

GOALS: To complete the sets in the given order each time as a team. This takes a lot of discipline to complete all 3 in a timely manner.

There are several different warm up drills to use or take and modify towards your team's needs. Again, don't spend too much time on it and don't weigh heavy on the outcome (unless they are being lazy!) This is about them working together to figure it out. If they don't get it done, make them come back to it next practice as their warm up start. I promise, they'll want to get it and work a little bit harder. Also, talk to the girls about what the drill means and what they should be focusing on. Keep it simple but focused. MY BIGGEST PET PEEVE IS A TEAM GOOFING OFF OR A COACH NOT PAYING ATTENTION TO THEM WARM UP. PLEASE SET THE TONE AND PROVIDE FEEDBACK! If they are struggling, bring them together and reset the drill. Talk about what they need to do and get them back to it.

Remember- They will practice and play the way you allow them...