

Take pride in your first contacts:

A passing progression warm-up and serving philosophy to improve ball-control

- I) Passing Progression
 - A. Footwork
 - 1. Bandwork – on own, no balls
 - a. 5x4moves x each direction (R & L)
 - b. emphasis is on ‘feeling the move’
 - B. Vision
 - 1. Blocked vision drill
 - a. coach standing from opponents’ 10’ line behind a sheet
 - b. you can add having passers call-out color of ball, type of spin to enhance communication practice.
 - 2. Arm speed/ball speed & trajectory
 - a. read the coach’s serve.
 - C. Platform Angles
 - 1. Pass 2 balls at 3 spots from 3 angles
 - a. 3 coach’s/servers serving from 20 feet deep, each to their own spot (L, M or R). After each person in the group (3-4) goes through passing two balls from the L, M & R once, the servers change which angle they serve from...Repeat so the passers see serves from the L,M & R sides of the serving court and passing from the L, M & R sides of their own court.
 - D. Communication
 - 1. 10 rapid-fire touches for 2 passers
 - a. coach toss 10 balls (rapid-fire) at 2 passers who are tracking and communicating “2 things” as quickly as possible.
 - i. “2 things”: short/deep/in/out...and who’s going to pass it

II) Serving

A. Philosophies:

1. The elastic. It is up ALL practice. ALL serves must cross the net lower than the elastic. Putting that trajectory—and the pace that comes with it, especially for deep serves--on the ball makes passers have to make decisions and moves at a much quicker rate. Providing that consistent trajectory for your own passers to see everyday in practice will improve your team's passing as well.
2. Serving through them on deep serves. We try not to land the ball on the opponent's platform so much as serve it through their throat! We believe that most passers are kept in their comfort zone ("wheelhouse") far too often with attempted deep serves that drop into their platforms. 32' serving...

B. Drills

1. Serve and Run for 21
 - a. encourages aggressive deep and sideline serving
2. Server vs. Passer games
 - a. practice serving through them here as well. Probably a good place to practice hands passing as well.