

**Warm Up Drills and Concepts**  
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**Concepts to Consider in Designing Warm Up:**

1. Desired Goal/Purpose
  - a. Reps
  - b. Technique
  - c. Body Preparation
  - d. Discipline
  - e. Mental Focus
  - f. Leadership
  - g. Volleyball IQ
  - h. Position Specific
2. Duration and Equipment Needs
3. Consistent Warm Up vs. Various Warm Ups

**Types of Warm Up :** (drills listed underneath will be demonstrated in the clinic)

<b>Self</b>	<b>Partner</b>	<b>Group</b>	<b>Team</b>
1 Minute Drill	Bobcat Warm Up	Player Run	Popcorn
Sideline Series	Partner Series	Box Drill	3 on 3 add on
Bounce 180's		Zig Zag	6 on 6 Progression--War
		Run Thru Attacking	

**Scoring/Repetition Variations:**

X Amount Completed	ex. shuttle pass 50
X Amount of Correct Technical Movements Completed	ex. good contact position 50x's
X Amount Completed out of X	ex. 5 to zone 1 out of 8 serves
X Amount completed in a row	ex. 10 passes in a row to the setter
X amount must be completed...error will send you back one	ex. if error in partner series, go back 1
X amount to finish, error starts you back at zero/beginning	ex. 3 on 3 add on, error we start over
WAR	ex. SCORE...FIND A WAY TO WIN!!

## Brief Description of Drills Demonstrated in Clinic

<b>1 Minute Drill:</b>	execute position specific movements for 1 minute
<b>Sideline Series:</b>	any type of passing/setting/hand contact drills used to improve touch on ball
<b>Bounce 180's:</b>	Pass, Back Pass, Set, Jump Set Side line to sideline, running around the ball as it bounces one time
<b>Bobcat Warm Up:</b>	End line/Net Partner Drill Pass, Set, Bounce Pass, Short/Deep Passing, Block Pepper, Hit-Dig, Pepper
<b>Partner Series:</b>	10' Line/End Line Partner Drill; 10 items to complete Pass, Pass self-Pass, Pass self-Side Pass, Pass self-Back pass, Pass self-Set Set self-Set, Set self-Side Set, Set self-Back Set, Set, Jump Set
<b>Player Run:</b>	2-3 players with ball at 15' line throwing/serving across the net to a passing line Stationary setter getting reps or train multiple setters who are releasing Pass – Get to Your Mark – Cover – run to become Thrower/Server Can increase demands and complexity by how you score it
<b>Box Drill:</b>	2 balls going – down each sideline Pass, Set, Jump Set, Tip-Dig, Pepper To increase demands: Change ball direction diagonally, horizontally, and restart for errors
<b>Zig Zag:</b>	Players with ball at the net, players executing drill facing them at end line ■ Play short, touch deep ■ Play deep, touch short
<b>Run Thru Attacking:</b>	3-4 players at end line corner for run thru's 3-4 players attacking outside line/right side line 1-4 setters at net (can add release angles with multiple setters) ** can also add a defender on opposite side and or blockers
<b>Popcorn:</b>	Even teams on the court...various types of games After a player touches the ball, they must run and touch end line before re-entering the game...or touch the designated spot (net, back wall, ect)
<b>3 on 3 add on:</b>	Start with 3 on 3 across the net...rotate when ball goes over the net Once achieve X amount consecutively, add another player...thus 4 on 4 Repeat for 5 on 5 and 6 on 6...then go to WAR once achieved all consecutively. WAR the goal is to score points and beat the opponent.
<b>6 on 6 Progression:</b>	Controlled 6 on 6 for X amount for first 5 tasks, WAR once completed the 5 ■ Back row – no jump ■ Back row – with jump ■ Front row – open hand shots (tipping, setting over to corners, ect) ■ Front row – attacking ■ Anything – control ■ Anything – WAR

## NOTES

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### **Education Session Summary:**

In this session, various drills and accountability scoring techniques will be demonstrated to help coaches generate ideas in creating warm up sessions. Individual, partner, and team drills will focus on maximum contacts, body movement, technical cues, and mental focus.

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