

Volleys--13 and older



Station 1—Warm-up with partner

Organization: all players with a ball & partner.

1. Partner rolls the ball to volley partner to strike back. Player must get up from the kneel to strike the ball.
2. Partner has ball in hands and tosses to partner to volley back with laces. Few steps back and come meet the ball.
3. Add a twist between volleys. 5 steps, volley and twist before next ball. Spin with the ball—left foot, spin left.
4. Partner sits down and has to stand up to volley while ball is in the air.
5. Partner is flat on stomach and must get up and something to volley back—head, foot, thigh

Coaching points:

- Strike with laces or inside of foot
- Keep feet moving to adjust—quick feet!
- Body over the ball
- Balance
- Both feet

Station 2—Groups of 3

Organization: Groups of 3—5 yd. apart.

1. Person in middle takes ball off outside of thigh and directs to other player, rotate hip
2. Person in middle takes ball off inside of thigh and directs to other player, across body, guide to target.
3. Person in middle takes ball off outside of laces and guides to other player
4. Full volley—use the inside laces of foot closest to ball. Rotate hips around and follow thru.
Sweeping motion

Coaching points:

- Keep feet moving to adjust
- Laces on ball, rotate hips and follow through to target
- Plant foot turned to target
- Body weight forward
- High knee

Shooting-U11/12



Station 3 - Volleys on Goal

Organization: Two lines. One tosses balls in, the other group volleys into the net. 10 yd. from goal. Diagonal toss in across the goal.

Coaching points

- Sideways on to target to sweep through
- Make good contact
- Follow through

Progression:

Add crosses in from the side. Two shooters can head or volley in goal. If partners score, they stay in and get ball from the other side.

Station 4 - *Steal the Bacon*

Organization: Coach divides the team into two groups and assigns a number to each player. Teams line up along opposite sidelines. Coach calls a number and those players come out to play against each other in the middle. Players on the outside act as a wall and can be used for passes. Middle players can score at either goal. Coach can call as many numbers as he/she likes in a turn.

Coaching points

- Decision—when to shoot (even or behind)
- Play quickly
- Use other players to keep possession of ball
- Good, quality shot

Bonus point for scoring with a volley. Outside players can toss the ball in for an opportunity to volley.

Progression (s)

Call all numbers and teams can play 5 v 5 in the area. (Transition to a game.)