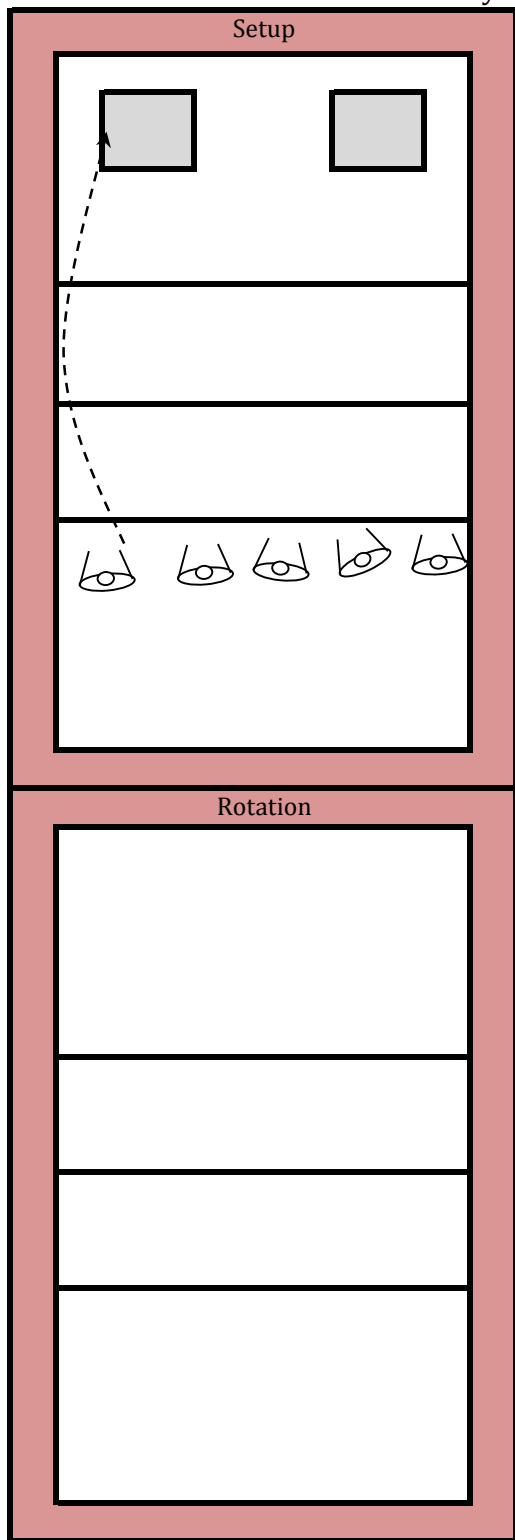


Recommended # of Athletes: Any

# Standing Downball Warmup



## Set-up

Set up athletes on one side of the court standing on the attack line with all the balls available to you. On the opposite side of the court set up two targets in the back corners, out of mats or boxes

## Conditions

WITHOUT jumping let athletes warmup by aiming their attacks over the net and at the targets. Make it a competition by setting setting an appropriate number of successful attacks to hit. Would be a good idea to have 2 coaches near the targets quickly recycling the balls to players

## Purpose/Goal

Warm up shoulder and arms

Work on hand contact, arm swing and accuracy

High number of reps with

## Success criteria

Athletes use correct technique to hit the targets properly

## Reference Points

Focus on and hold one ball at a time

Toss ball high and reach high to get over the net easily

Use wrist snap and down spin to curl over the net to targets

## Variations

Have athletes on both side of the net to reduce recycle time if balls are limited

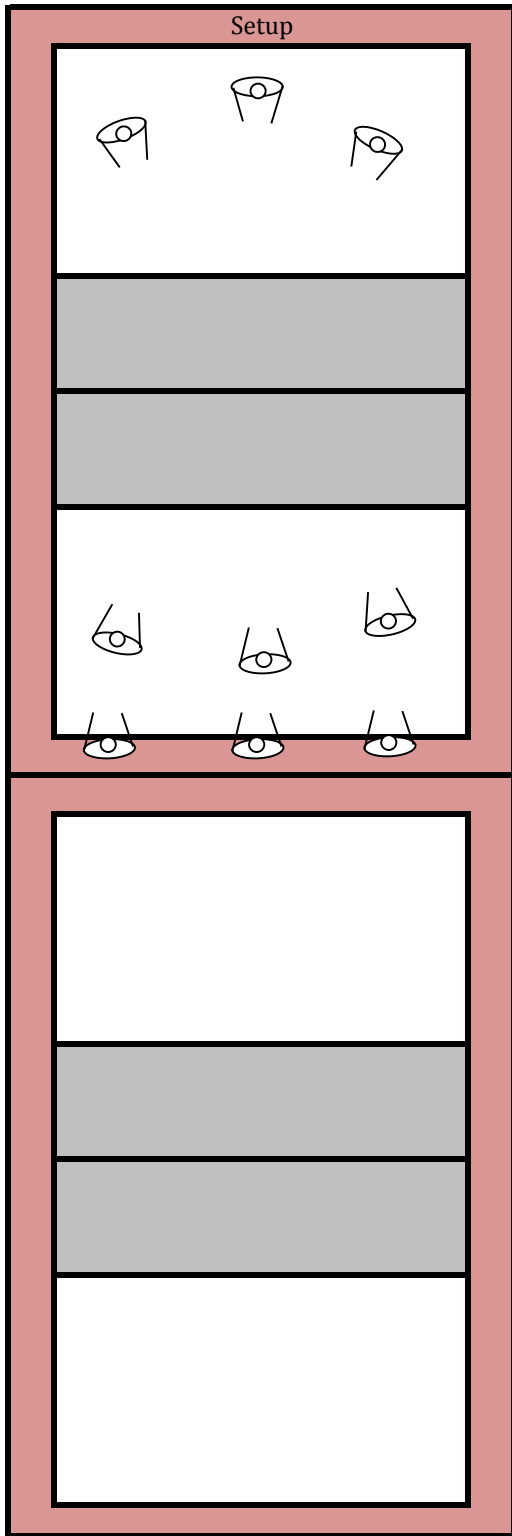
Do not let athletes jump as this changes the drill focus and increases risk of injury

Legend: Ball's Route = Players Rotation Players



Recommended # of Athletes: 9 +

# Fukahara



## Set-up

Divide athletes into teams of 3 or 4 athletes depending on numbers. Position 1 team on each court in a defensive set-up with the remaining teams on the baseline in a kings/queens court setup.

## Conditions:

Play with regular volleyball rules except all play goes under the net instead of over. The ball can roll or bounce as many times as needed but must make contact with the opponents floor behind the attack line in order to be considered "in". A play may end due to a ball handling call, contacting the ball with a foot, hitting the ball out without making contact with an opponent or their court (behind the attack-line) or scoring by forcing the ball to contact an opponent or their court and then touching the floor outside of the court. Play King's court style or to set number of points

## Purpose/Goal

Develop lateral movement and defensive positioning

Work on defensive contacts and getting low to the ground

## Success criteria

Athletes develop team strategies including defensive setup and blocking.

Athletes stay low and use lateral movement

## Reference Points

Keep hands wide and prepared to dive sideways

Use underhand attacks or bouncing side arm attacks

Legend: Ball's Route  $\Rightarrow$  Players Rotation  $\equiv$  Players 

