Beginners Volleyball drills

Under the Net

- All the kids stand on one side of the net and are given a number. If there are eight kids, for example, then each child has a number between one and eight. An adult stands on the other side of the net and starts off by hitting the ball to the group of children. The first child (kid #1) must hit the ball back over the net. If he does so successfully, he runs under the net to the other side. Then, he serves the ball to kid #2. If he does not hit the ball over the net, he is out. As each child hits the ball, he must call out his number so that the next kid numerically in line will know it's his turn to hit the ball.

Volleyball Beginner Drills | Fun Games | 1 on 1 Game

Explore volleyball beginner drills. How to improve skills by playing games?

In other ball games, for example in basketball or soccer, 1-on-1, 2-on-2 or other small group games are successfully used in the training.

Several professionals in these sports have said they gained many essential skills simply by playing one-on-one. Small group games are great for the skills development, since they maximize ball contacts.

How to play one play one-on-one game in volleyball?

Example 1:
1 on 1 Volleyball Game – Passing Game

- Form one-player teams who play against each other by bumping only.
- When only one contact is allowed, it makes the game fast tennis-like game. This particular drill teaches footwork effectively.
This game also teaches players contact the ball, not only in front of the hips, but also all around the body – i.e. on the sides, which is extremely important in volleyball.

Use a small court size in this bumping game. For the beginning volleyball players one side of the court could be around 10 X 15 feet or 3 X 4,5 meters, so you could make up 3 courts in the regular size volleyball court. Change the court size smaller or bigger depending on the players’ skill level.

**Important! How to Contact Ball in Volleyball Passing?**

The coach should be pushing players to move behind the ball and contact it in front of the hips. However, the ball is contacted all over the body in the match; therefore it needs to be practiced also.

When making the court longer (or wider) it helps players to learn to contact the ball also on the left and right side of the body, because players simply don’t have time to move behind the ball every time – the same occurs in the match constantly.

**Volleyball Beginner Drills – Other Volleyball Game Drills**

**Example 2:**
1 on 1 Volleyball Game – Setting Game

- Run same game than above – by setting – to improve overhead serve receive and setting skills

**Example 3:**
1 on 1 Volleyball Game – Multiple Contacts

- Allow more contacts. Teams could be using 2 or 3 contacts.
You can make games more difficult by adding rules, which enforce players to use i.e. one arm serve receive with the first contact, or tomahawk, tipping or knuckles with the third contact.
The coach can create unlimited number of games just by imagination. For example if the practice theme is to practice tipping, the coach could make player tip the ball over with the third contact – with or without jump.

If you want to make the drill more game-like, form 2-3 player teams and make the court bigger. Small group games are very successful training methods in junior volleyball – most importantly they are fun since players love to play.

**Using Volleyball Games As Warm Ups**
All these games are also great in warm-ups. They are much better than traditional peppering, which really doesn’t teach you to play the game. Games on the net are better since in those the ball is flying over the net.

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![Volleyball](image)

### Example 4:
**Volleyball Warm Up Game Drills – Team vs. Team**

- Include 2 or 3 players in each team. Teams play the ball back and forth over the net by passing, setting and spiking the ball to the other side.
- The purpose is to keep the rally going as long as possible. More advanced players could hit the ball behind the 10 feet line, so there is a little bit more time for defenders to react and dig the ball to the setter.
- Rotate the players after each attack, so all the players have the opportunity to work on setting, passing and hitting skills.
- Divide the regular sized court into 2 or 3 smaller courts for this game – each court being 10-15 feet wide full length court.

### And More:

**The Toss & Pass:** The ‘Toss & Pass’ is a simple but effective volleyball drill for beginners. This drill requires two players, one of whom tosses the ball to the other to pass. Do this a specific number of times and then switch roles. This drill will help beginner players to learn proper passing technique.

**The Passing Game:** Another good drill to teach new players the skill of passing is ‘The Passing Game’. It requires a group to play and involves splitting them up into two groups who will compete against each other. Both of these groups will them form a ring and have their own
volleyball. The object of the game is to get the most consecutive touches and keep your team’s ball up the longest.

**Serving Drill:** To help beginner players learn to serve have them do the serving drill. To do this you divide the group into two teams and have them compete against each other for the highest number of successful serves completed.

**Wall Hitting:** Here’s a drill that requires just one person. The player chooses a spot on a wall and then tries to hit the same spot. To do this successfully they’ll need to focus on using proper arm swing technique. This drill will help with the players arm swing immensely.

**Line Passing:** Put players into two lines facing each other. The players on the first line must pass the ball and then go to the end of the line. This is another effective drill for teaching passing.

**The Dead Fish Drill:** One of the most popular of all of the volleyball drills for beginners that we’ve shared on this site! Just divide your players into two teams and have one serving whilst the other moves to the other site of the court and lies down inside of the court. The serving team tries to hit one of the players on the floor.

For every ball that lands in the court you get 1 point.
Every serve that goes in the net or out you lose a point.
And for every ball that hits a player on the foot you get 2 points.

When the time is up – switch the teams!

**Tip Top Passing:** Another good passing drill. In this beginner’s drill you get the players to pass from their fingertips teaching them to avoid the tendency to “palm” the ball. The players should work in pairs passing back and forth in a controlled manner. To succeed they will need to focus on receiving and returning the ball with just their fingertips.