

2-HOUR SERVE & PASS

VOLLEYBALL PRACTICE PLAN

SETUP AND STEPS

12 Player Pepper with Sets

0:00–0:10 · 10 min · Warmup/Cool Down

Two players run a continuous dig-set-attack sequence between them, incorporating a full set into the standard pepper pattern. Blends skill execution with a warm-up pace that gradually elevates intensity.

STEPS

- Partners stand 10-12 feet apart facing each other.
- Player A initiates with an underhand toss. Player B digs up to themselves.
- Player B sets the ball above their head, then attacks down at Player A.
- Player A digs, sets to themselves, and attacks back at Player B.
- Continue the sequence: dig → set → attack → dig. Build pace gradually as the pattern stabilizes.

2Pass Set Hit Shuttle Warmup

0:10–0:20 · 10 min · Warmup/Cool Down

Players move through three stations in a shuttle pattern, passing, then setting, then hitting, in a continuous warm-up flow that touches all three major skills before practice begins.

STEPS

- Set up three stations: Station 1 (passing pairs), Station 2 (setting wall or to a target), Station 3 (controlled hitting line).
- Players rotate through all three stations, spending 2 minutes at each.
- Station 1: partners pass back and forth, building rhythm.
- Station 2: setter delivers sets to a target, consistent form, light effort.
- Station 3: hitters take half-effort approach swings against a tossed ball.

3Wall Serving Drill

0:20–0:30 · 10 min · Serving

Players practice their serving motion against a wall target, focusing on arm swing mechanics, wrist snap, and contact point without the variability of a full-court setup.

STEPS

- Mark a target zone on a flat wall at net height (approximately 7.5 feet from the floor).
- Player stands 20-25 feet from the wall and serves into the target.
- Focus on a consistent ball toss, full arm extension, and firm contact.
- Complete 3 sets of 10 serves each, resting 30 seconds between sets.
- Vary serve type: alternate float serves (no follow-through) and topspin serves (wrist snap over).

4Butterfly Serve and Receive

0:30–0:45 · 15 min · Passing

A continuous movement drill where servers, passers, and shagging players rotate through stations in a butterfly pattern. Builds serve-receive repetitions at high volume with built-in movement.

STEPS

- Set up two serving lines at opposite baselines and two passing zones on each side of the net.
- Server serves, then follows the ball by running around the net to the opposite passing zone.
- Passer receives the serve, passes to a target, then follows their pass to the back of the serving line.
- Keep the flow continuous, as soon as a pass is made, the next server goes.
- Coach monitors pass quality; call out the score (1–3) for each pass as play flows.

5Serve and Receive Stat Drill

0:45–1:00 · 15 min · Passing

Structured serve-receive reps with real-time tracking of pass quality ratings. Gives teams measurable data on serve-receive efficiency over time.

STEPS

- Set two or three passers in their serve-receive formation.
- Coach or designated server delivers 20 balls, mixing float and topspin serves.
- After each pass, rate it on a 0-3 scale and record it on a clipboard or whiteboard.
- After 20 balls, calculate pass average (total points / 20).
- Rotate passers and repeat, compare averages across rotations.

6High Rep Set-Attack

1:00–1:15 · 15 min · Attacking

Hitters take a high volume of consecutive attacks from rapid sets to build muscle memory, arm swing repeatability, and contact consistency under fatigue.

STEPS

- Setter at position 2. Ball shaggers retrieve and feed quickly. One hitter per line.
- Setter delivers a steady stream of sets every 6-8 seconds to the same zone.
- Hitter approaches and attacks every set, no waiting, no breaks between reps.
- Complete 20 consecutive attacks, then rotate the next hitter in.
- Focus: consistency of contact point and arm swing, not power.

7Box for Out-of-System

1:15–1:30 · 15 min · Offense

Team practices a structured "box" offensive system when the pass is off-target or the setter is out of position. Builds composure and a reliable fallback offense when the first ball is poor.

STEPS

- Coach intentionally tosses or hits bad balls, seam balls, tight passes, overpasses, that put the team out of system.
- Team must recognize "out of system" immediately and shift to the box: setter sets high to outside or opposite.
- Hitters recognize the out-of-system call and adjust their approach to a slower, higher set.
- Run 10 out-of-system reps. Coach evaluates: did the team recognize it and adjust, or did they try to run their primary offense?
- Debrief after each rep: who called it? Was the transition clean?

8U.S.A. Drill

1:30–1:50 · 20 min · Scrimmage/Game Play

A high-intensity serve-receive drill where the receiving team must side-out against a competitive serving team and then immediately defend against a coach attack. Simulates the full sequence of serve receive → side-out → rally defense.

STEPS

- Receiving team sets up in serve-receive formation. Serving team serves competitively.
- If the receiving team sides out (kills the ball), coach immediately attacks from the side, receiving team must now defend.
- If the receiving team defends the coach attack, they score a full point.
- If either the serve-receive or the coach attack results in a kill against them, the serving team scores.
- Play 15 rallies, then switch sides.

9Cool Down

1:50–2:00 · 10 min · Cool Down

Team sits in a circle and stretches together. Coach leads a brief discussion reviewing the key focus of practice and what to work on before next session.

STEPS

- Gather the team in a circle at center court. Everyone sits down.
- Lead 3-4 static stretches (hamstrings, quads, shoulders, hip flexors), holding each for 20-30 seconds.
- While stretching, ask the team: "What was the focus of practice today?" Let players answer.
- Highlight 1-2 things the team did well and 1 thing to improve before next session.
- Close with a team break.

SoloCoach

2-HOUR SERVE & PASS

VOLLEYBALL PRACTICE PLAN

120 minutes

9 drills

Club / High school

0:00–2:00

SCHEDULE

A complete 120-minute club and high school practice focused on serve receive, serving mechanics, and out-of-system offense.

PRACTICE TIMELINE



- 1

0:00–0:1010 min● Warm-up

**2 Player Pepper with Sets**

Two players run a continuous dig-set-attack sequence between them, incorporating a full set into the standard pepper pattern. Blends skill execution with a warm-up pace that gradually elevates intensity.
- 2

0:10–0:2010 min● Warm-up

**Pass Set Hit Shuttle Warmup**

Players move through three stations in a shuttle pattern, passing, then setting, then hitting, in a continuous warm-up flow that touches all three major skills before practice begins.
- 3

0:20–0:3010 min● Serve

**Wall Serving Drill**

Players practice their serving motion against a wall target, focusing on arm swing mechanics, wrist snap, and contact point without the variability of a full-court setup.
- 4

0:30–0:4515 min● Pass

**Butterfly Serve and Receive**

A continuous movement drill where servers, passers, and shagging players rotate through stations in a butterfly pattern. Builds serve-receive repetitions at high volume with built-in movement.
- 5

0:45–1:0015 min● Pass

**Serve and Receive Stat Drill**

Structured serve-receive reps with real-time tracking of pass quality ratings. Gives teams measurable data on serve-receive efficiency over time.
- 6

1:00–1:1515 min● Attack

**High Rep Set-Attack**

Hitters take a high volume of consecutive attacks from rapid sets to build muscle memory, arm swing repeatability, and contact consistency under fatigue.
- 7

1:15–1:3015 min● Offense

**Box for Out-of-System**

Team practices a structured "box" offensive system when the pass is off-target or the setter is out of position. Builds composure and a reliable fallback offense when the first ball is poor.
- 8

1:30–1:5020 min● Scrimmage

**U.S.A. Drill**

A high-intensity serve-receive drill where the receiving team must side-out against a competitive serving team and then immediately defend against a coach attack. Simulates the full sequence of serve receive → side-out → rally defense.
- 9

1:50–2:0010 min● Cool-down

**Cool Down**

Team sits in a circle and stretches together. Coach leads a brief discussion reviewing the key focus of practice and what to work on before next session.