

A complete 90-minute club and high school session: passing and serving in the skill blocks, then short-court and Columbus so the work transfers to live play.

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● Pass

Pass-and-Freeze

Passers receive a coach-initiated ball, then freeze the platform on contact so the coach can check angle, posture, and target. High-repetition technical work before live serve pressure.

3

0:20–0:3010 min● Pass

Coach-Fed Platform Passing

Coach initiates a higher volume of balls with no freeze. Transitions stay quick so the technical work from Pass-and-Freeze holds under a faster feed.

4

0:30–0:4010 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.

5

0:40–0:5010 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.

6

0:50–1:1020 min● Scrimmage

Short-Court Triples

Three-player teams play on a shortened court emphasizing ball control, quick transitions, and three-contact discipline. Decision quality under light pressure before full-court Columbus.

7

1:10–1:3020 min● Scrimmage

Columbus

A continuous-flow rotation game where players rotate through all positions on both sides of the net. Emphasizes game-realistic competition, rotation, and making every position count.

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-and-Freeze

0:10–0:20 · 10 min · Passing

Passers receive a coach-initiated ball, then freeze the platform on contact so the coach can check angle, posture, and target. High-repetition technical work before live serve pressure.

STEPS

- Two or three passers in a serve-receive seam. Coach tosses from the opposite attack line.
- On contact, the passer freezes for one second so the platform is visible.
- Coach calls the pass 0–3 and one cue: angle, height, or footwork.
- Passer releases, shags, and rotates. Next passer is already in ready position.
- After five minutes, move the feed to a tougher seam (short, deep, or line).

3Coach-Fed Platform Passing

0:20–0:30 · 10 min · Passing

Coach initiates a higher volume of balls with no freeze. Transitions stay quick so the technical work from Pass-and-Freeze holds under a faster feed.

STEPS

- Keep the same passing line and target from the previous drill.
- Coach feeds immediately after each pass, no freeze, no extra talk between balls.
- Passers must be in ready position before the next toss leaves the coach’s hand.
- Track a 10-ball pass average for each group. Post it on a whiteboard.
- Last two minutes: mix in a standing float serve from behind the coach.

4Wall Serving Drill

0:30–0:40 · 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).

5Butterfly Serve and Receive

0:40–0:50 · 10 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.

6Short-Court Triples

0:50–1:10 · 20 min · Scrimmage/Game Play

Three-player teams play on a shortened court emphasizing ball control, quick transitions, and three-contact discipline. Decision quality under light pressure before full-court Columbus.

STEPS

- Mark a court from the net to the attack line on each side.
- 3v3 teams compete. All three contacts are mandatory, no two-contact plays allowed.
- Initiate with a serve from behind the attack line, then progress to a baseline serve if pass quality holds.
- Rally scoring to 15. Rotate server after each side-out.
- Score an extra point for a 3-rated first pass that turns into a swing.

7Columbus

1:10–1:30 · 20 min · Scrimmage/Game Play

A continuous-flow rotation game where players rotate through all positions on both sides of the net. Emphasizes game-realistic competition, rotation, and making every position count.

STEPS

- Split players evenly on both sides of the net. One side serves to start.
- Play the rally to completion. The winning side stays; losing player(s) rotate off and are replaced from the waiting line.
- Players rotate through the court in order, every player experiences every position.
- A player who wins three consecutive rallies moves to a "champion" spot at the head of the line.
- Use the last two minutes for a standing recap: one weekly focus going into the next session.