VOLLEYBALLBC

OVERVIEW

These are progression drills for Forearm Passing. Please keep in mind the physical distancing requirements outlined below. This is a practice plan (drill bank) for an hour and does not include stretching or cool down. It is advised that the plan is either adjusted to include these activities or the students are asked to do these well away from the court before and after the session. Please use the drills you see fit based on numbers and space available. When coaches are splitting into groups it is important to try and pair/group up with athletes who are at a competitive balance

1) **Participants must maintain physical distancing**
   - Two meters apart from one another at all times, including on court.
   - In Phase 2 of the BC Restart Plan, individuals may only get together in small groups of around 2-6 people. There must be no more than 6 individuals on the court and/or sharing the same ball.
   - Blocking at the net is not permitted.
   - Non-contact activities only. No handshaking, high fives, hugging, etc.
   - No sharing of water bottles, towels or other personal items
   - Enhanced hygiene measures including frequent and proper handwashing.
   - All participants, coaches, and staff should consider wearing a mask and gloves.

2) **Reduce contact with balls, nets, and other shared equipment.**
   - Implement enhanced cleaning protocols for common areas and common equipment.
   - Use a minimal amount of volleyballs and keep them designated for specific groups of participants. If a ball from another court comes over, participants should use their feet to kick it back.
   - Clean balls at frequent intervals and especially between different user groups. Clearly separate sanitized balls from those requiring cleaning.
   - Consider assigning the coach or one individual to be responsible for all set-up and take down of the posts and nets to reduce the number of contact points.

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3) Limit activity to skills and drills focus

- Activities should only be those typically done in practice and/or training environments, which permit physical distancing at all times (e.g. Individual serving, passing, setting, attacking practice).
- Blocking at the net is not permitted.
- No games/ competitions. Competitive volleyball does not permit physical distancing at two meters and should not be played at this time.

4) Remain community focused

- Stay within the home sport community or club where participants are members.
- No cross-regional, inter-provincial or cross-country travel. Note that non-essential travel within B.C. and Canada is currently very strongly discouraged (this is expected to change later in the summer).
- Until further notice (during the Transition Measures Phase), the following is not permitted:
- Activities that do not permit physical distancing
- Activities that have a high risk of injury
- Competitive activities that encourage large group gatherings
- Large public events or gatherings

FOREARM PASSING PROGRESSIONS

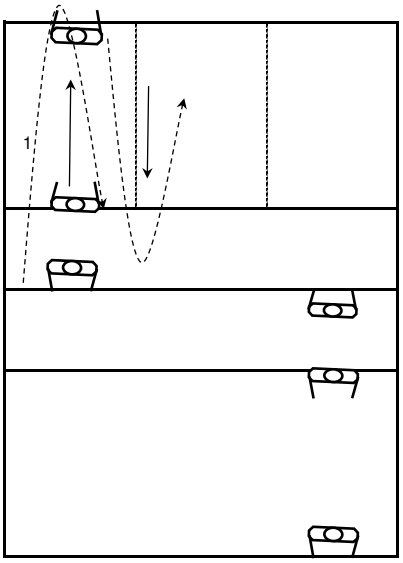
Introductions and Warmup

- Please remind all students of the above mentioned protocols. Emphasize the physical distancing and only using the same balls. Do not get balls unless instructed and if you handle a ball from an adjoining court please use your feet.
- Movement drills from baseline guided by coach. Make sure you are using half the court and there is 2 meters between students.

Footwork

- **Catch and Toss-** Players partner up ad have two balls per group. Tosser is on one knee with both balls on the floor in front of them. Passer is about 3 meters in front of the tosser and stays in passing position throughout the drill. Tosser tosses a ball no more than 1 shuffle step to the passers side. Passer shuffle steps and catches the ball between their knees and tosses it back. Repeat on both sides alternating for 10 tosses then switch.
- **Lateral Passing**- Players partner up with a ball. One partner is the tosser and one is the passer. Spread out to provide ample room for movement. Try to pick a line on the floor that will be used for the passers "base". Tosser should be approximately 3 meters away and straight in front of the passer. Passer is in ready position at "base" and ball is tossed no more than two shuffle steps to either side of the passer. Passer shuffles to make pass angling platform to get pass back to tosser. Passer then shuffles back to base staying low and touches the floor at base. Tosser then tosses in the other direction. Make sure the toss triggers the movement and the passer doesn't cheat.
- **Forward and Backward Passing**- Same partners same "base". Tosser tosses the ball over the passers left shoulder. Passer opens up and tracks ball passing outside of midline back to target. Passer then runs in and tosser tosses a short ball. Alternate for 10 passes then switch. Work on making passer work outside of both sides of body on the long tosses.

Russian Passing Drill- In groups of 3 with 2 balls per group. 1 tosser is with back to net and 1 tosser is at the end line. Passer is in the middle facing the tosser at the net. Tosser at the net initiates the drill with a toss over the head towards back court. Passer shuffles back and passes ball back to tosser and pivots around to face other tosser. Tosser at end line then tosses ball back towards attack line. Repeat for 10 tosses then rotate.



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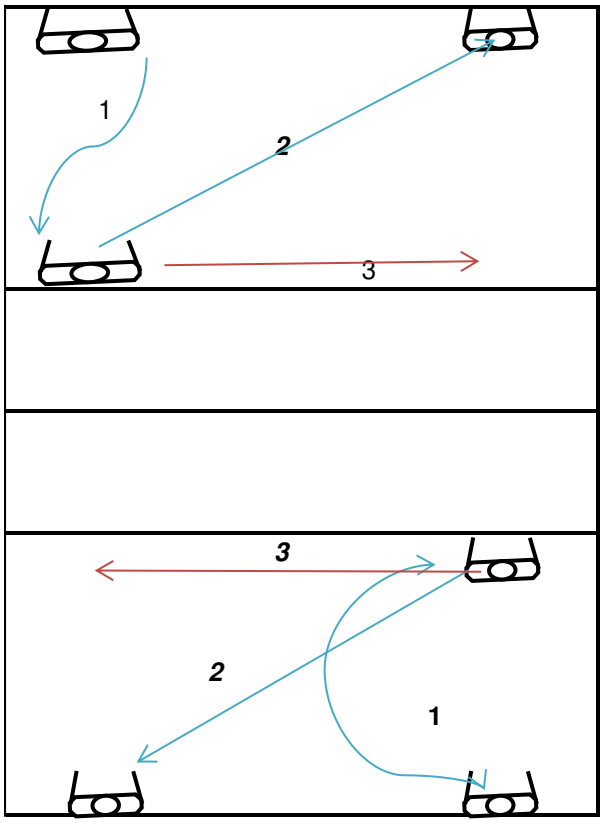
- **Triangle Passing-** In groups of 3 the two tossers are on the attack line facing the end line and approximately half court apart. Passer is directly in front of the tosser with the ball and near the end line. Tosser tosses the ball to passer who passes the ball to the opposite target. After passing he/she shuffles towards the new tosser. New tosser can toss as soon as they get the ball but should toss directly ahead and high enough that passer can get there comfortably. Challenge passer based on skill level. Rotate after 10 passes.



Blue= Ball path
Red= Movement of passer

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Platform

Wall drills- If you have access to a wall try these wall progressions;

1) Self passing off the wall- Start in close and move out as you get better
2) Single arm passing off wall- Stay low and pass ball off wall using each arm. Try to control the ball and alternate arms.
3) Self pass/Wall pass- Work on shoulder angles by passing ball to yourself then to wall and alternate every time.
4) Self pepper- Play pepper against the wall. Forearm pass, self-set and hit a controlled ball into the wall to repeat.
5) Two person ball control- In partners staying 2 meters a part and about 2 meters off the wall pass the ball back and forth off the wall to your partner. Switch every 20 contacts to make sure you are working on both passing angles.
6) Reaction Passing- Again, in pair's one person approximately 3 meters off the wall and the tosser approximately 3 meters behind the passer. Passer focuses on the wall and tosser throws, (or can hit a down ball with control if skill level warrants it) the ball at the wall

Without Wall Drills

- **Passing on knees-** In partners about 3-5 meters apart one ball per pair. Tosser has the ball and passer is down on 1 knee. Tossed ball is tossed where passer can reach it and passes back to tosser. Switch after 10 passes.
- **Single arm Juggling-** One ball per person and spread out remaining a safe distance from the others. This is a self-pass drill using only one arm per contact. Try and keep the ball on the passing area of your forearm and avoid using the wrists. If you want to get more complicated alternate arms!
- **Under net ball control-** In partners both partners at the opposite attack lines facing each other with one ball. Space out to keep the 2 meter physical distancing protocol. Stay down in a deep passing posture and pass the ball under the net back and forth with your partner. Count the number of consecutive contacts. Coach timed drill suggested no more than 3-4 minutes.
- **Out of system ball control-** In partners with each partner on opposite sidelines and one ball per pair. This is a drill working on out of system high ball control. Player A self-tosses and then forearm passes a high ball to partner as close to sideline as possible. Partner B self passes and returns a high ball forearm pass to partner. Continue and see how many reps in a row each partnership can achieve. Drill goes until coach's command.
- **Multi ball Passing-** In partners with 2 balls per group each partner having a ball to start. Try to keep one ball rolling back and forth at the same time as one ball is being passed back and forth. Work on communication to control speed and trajectory as well as finding the ball quickly while in the air.

- **Box drill-** 2 passers 1 ball. Players stand facing each other one at the attack line and one at the end line. If the caliber of the players is really high the players can be close together. One of the passers will always pass straight and the other will always pass across their body. You should be making a box pattern with your movement and ball flight. After 30 seconds passers switch.
- **2 Ball Roll/Toss-** In partners with 2 balls tosser on attack line and passer on end line. Tosser rolls a ball to passers left who shuffles over and rolls it back. As soon as the ball is rolled back the tosser tosses the ball back at the starting point and the passer shuffles back and passes it straight ahead to the tosser. Switch every 30 seconds and then switch directions.

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