

OVERVIEW

These are progression drills for Overhand 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.

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

OVERHEAD PASS PROGRESSIONS

- **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.**

Hands, (with wall) - Make sure the 2 meters of physical distancing is maintained

- **Self-set (approx. 1 arm's length off wall)**
 - 1) **Low sets-** 50 low sets against wall (just slightly above head keeping form to fingers and hands and working on keeping hands high).
 - 2) **Low set to knees-** 5 repetitions of low sets off wall going down to your knees and back up. One repetition is completed when you return to the standing position.
 - 3) **1/2 Sets-** 50 contacts alternating between a self-set and a ball set low to the wall. For more advanced players you could add the same drill off of 1 foot and alternating feet every 10 contacts.
 - 4) **High sets-** 50 high set's (approximately 3 meters up the wall with control (working on hand position and finish with arms).
 - 5) **Alternate low/high-** 50 reps alternating low set and high (as instructed by the first 2 drills).
 - 6) **Setting snake-** 2 minutes of the setting snake. This drill requires some movement so please make sure physical distancing can be maintained before inserting in your practice plan. Have the athlete establish an area along the wall 4-5 meters long. Starting at one end the set low balls against the wall from approximately an arm's length off the wall travelling the distance of "their area". When they reach the end they back up to approx. 1 meter off wall and set high balls back along the wall to the beginning of their area.



Hands (without wall)

- **Self-setting (low sets)** - Set 50 balls to yourself approximately, 1 meter in the air, with control. Try to keep movement to a minimum.
- **Self-setting (high sets)** - Set 50 balls to yourself approximately, 3-5 meters in the air, with control. Try to keep movement to a minimum.
- **Self-setting (alternating low/high sets)** - Set 50 balls to yourself alternating low/high as directed above.
- **Self-setting circuit** - Each person has a ball and an area of the court. Maintaining a setting height equivalent to the high set in the previous drills try to go to one knee, both knees, buttocks, back getting back up and still controlling ball. For those less advanced you can just go as far as the knees.
- **Self-setting side shuffle** - Each player has a ball and spreads out down the sideline allowing for a minimum of 2 meters for safe physical distancing. The players all face the end line in the same direction. The athletes side shuffle and self-set to the opposite side line and back. There and back is 1 repetition, complete 3 repetitions.
- **Self-setting high stepping** - Starting in the same place as the previous drill but this time facing the opposite side line. Set the ball to yourself high stepping to the opposite side lines, (try kicking yourself in the butt with each step).
- **Setting "chase"** - Each player has a ball and spreads out down the sideline allowing for a minimum of 2 meters for safe physical distancing. Starting at the sideline and facing inside the court the player sets a high set inside the court to a "challenging" distance. Running after the set squaring back to the same sideline they set it back in the same direction they came from. They repeat this for as many reps as they can. Rest and repeat until coach ends drill.

Partner work

- **Partner set on knees** - Partners are approximately 5 meters apart with one ball. Set back and forth from your knees with control. Same drill can be done with a self-set followed by a set to partner.
- **Self-set/Partner set** - In partners using the net where possible and physical distancing can be maintained, each partner standing on the 3 meter line or a similar distance if not using the net. Adjust the distance based on the level of the players. Each partner will self-set and then set the ball to their partner. If a higher degree of difficulty is required the partner can self-set and then back set to partner.
- **Alternate ball** - In partners with 2 balls per group partners on the 3 meter line if using the net and similar distance if not. One partner will bounce the ball under the net to partner at the same time the second ball is set over the net by the other partner. The bounced ball is always bounced and the set ball is always set. When out of control stop and start again. Get as many repetitions as you can!
- **Follow your pass** - In partners across the court from sideline to sideline. Partner 1 starts facing away from their partner and holding the ball. They high back set to middle of the court turn and chase and front set to their partner. Partner then does the same in the opposite direction and partner 1 returns home.

- **3 person “shuttle”**- Each group of 3 is on an attack line with the “setter” in in the setting position facing the left side pin. Other two players are in positions 2 and 4 (right on sideline). The “setter” starts with the ball and sets to position 4 who sets back to the setter. Setter then back sets to the player in position 2. Position 2 sets a high ball to player in position 4 who returns the ball to the setter. Rotate positions every minute. This drill can also be ran with forearm passing on the outside if the ability of the players is not strong enough to set the entire width of the court.

