**So, you want some things you can do at home ?**

The 2 most important skills for a new volleyball player : Pass & Serve (Frankly any player !! .. if you can’t pass or serve, it’s hard to get things started ☺ )

Focus at ALL TIMES on good form and doing it correctly ! It is very hard to ‘unlearn’ bad habits once they are ‘established’ … learn by really focusing on the correct ways to pass and serve….

**Passing:**

**Wall Drill**

About 5 – 10 feet from a wall, pick a target (a make one with tape a foot square and mix the height up from day to day) Practice good passing technique and hit that target 25 times each .. first focusing from the left side, then the right side, then from the middle. When you get real good at it.. do the left and right sides .. on one knee.. From the left side.. the right knee is down.. .. Right side.. left knee is down..

Remember.. it’s NOT just do it 25 times… it is hit the target 25 times with a good platform ! Shuffle, stop and get set, then NO arm swing.. just shrug and ‘push’ your platform …

**Shuffle Drill** (this one needs a parent or sibling to help)

Your helper starts NO MORE than 10 feet apart and simply underhand tosses (use 2 hands please) the ball about 3 feet higher than your head to the left or right. Your job as the passer is to start in the ready position, shuffle 1 or 2 times in the needed direction, create a perfect platform and ‘push’ that platform and the volleyball back to your tosser.

This drill is all about establishing good movement to where the ball will be, and making that perfect platform. Tosser, make a good toss every time ! Do not make a difficult toss, this is strictly to work on movement and form

**Serving:** (Serving Key: Simple = Better & Repeatable)

**Ball and the Wall Drill:** (The object here is the develop muscle memory on the correct arm movement for serving)

Assume the ready to serve position: Opposite Foot forward, weight on back foot, Hips and Shoulders are at about 45 degrees. Have a ball in your placing (tossing) arm, but reach up with that ball as high as you can in front of your hitting arms shoulder with the ball against the wall. With hitting elbow high and behind your ear, strike the ball. Focus on keeping the elbow up, and striking the ball as high as your hitting arm can reach with the palm of the hitting hand. (NOT a FIST, Open Hand, palm struck)

Do this correctly, and thoughtfully about 50 times a night, increase your arm speed and ball striking speed as you get more proficient

**Wall Toss Drill:** (The object here is to learn how to place (toss) a ball consistently)

Assume the ‘ready’ to serve position: Same as above except the ball in your placing (tossing) arm is shoulder high and the wall in front of you should be about 1 foot from the ball as it is held out in front of you.

With the ball in front of your hitting shoulder, Lift the ball (toss it) .. the ball should be lifted only as high as your hitting arm can reach, it should be in front of your hitting shoulder .. and it should land in front of your hitting shoulder . The wall ‘tells’ you if you have placed (tossed) it to far forward as it will hit the wall !, If it comes back over your head, then you placed the ball to far behind you ! Practice this nightly until you can place the ball consistently EVERY time ! And then, still practice it .. if you cannot place the ball consistently, you cannot have a consistent, aggressive serve.

**Garage Door (or side of house) Serving**

Have your parent / guardian help you tape a line on a garage door or out side wall that is about 10 or 15 feet wide and 7 ft, 4 inches and 1/8 high. This is the height of the net in girls volleyball. Then measure 10 feet away from the wall, 20 feet away from the wall.. and finally, 30 feet away from the wall.

Starting at the closest distance, practice good serving technique .. and serve over that imaginary net ! If you can get 10 ‘serves’ out of 10 over the net and ‘in’ .. then advance to the next line.

The more you practice this at home, **correctly, using good form (!)**, the better you will become !! Remember **KEEP IT SIMPLE !** Simple = Better and Repeatable !!!