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### **Training session 1 : conditioning drills with ball**

1. Warming-up : running and dribbling with ball
2. Relay race with ball
3. Warming up in twos to get a feel of ball
4. Movement drill in groups of 3
5. Jump series after sit-ups
6. Attack at position 4 plus conditioning drill
7. Hitting drill with libero and block + block cover
8. Middle attack
9. Match - simulation drill rotation 1

### **Training session 2: conditioning drill with ball + receiving skills**

1. Forearm passing and movement drill
2. Forearm passing and movement drill in groups of 3
3. Defence drill for attack hits
4. Attack organisation drill using half the court
5. Middle-hitting drill
6. Rotation drills
7. Butterfly passing drill with two service receptions

### **Training session 3 : concentration-endurance + passing**

1. Warming up with ball and passing in game situations
2. Side shuffle and forward sprints
3. Main part: 48 minutes digging and volleying: concentration- endurance + mental endurance
4. Warm-up hitting — everyone sets
5. Hitting from position # 6 and position # 1
6. Hitting from position # 6 after shanked pass at position # 5
7. Practising rotations
8. Jump series after sit-ups — transfer to vertical jump power

#### **Training session 4: conditioning drills with ball + block in rotation with P front court**

1. Basketball dribbling drill ; increasing intensity
2. Block-attack conditioning drill in groups of 3
3. Hitting drill
4. Middle-hitting drill
5. Block organisation: block M2 and M4 (for 9 players or more)
6. Libero defence drill + counter attack
7. Libero defence drill + counter attack : mirror image

#### **Training session 5 : block organisation drill with P front court + reception**

1. Cardio-vascular training - underarm passing - volleying skills
2. Warming up with the ball in twos
3. Warm-up hitting drill in groups of 3 - conditioning drill at the net (vertical jump)
4. Block organisation: block M2 and M4 (for 9 players or more)
5. Libero defence drill + counter attack: :starting from position # 2
6. Reception: quick reaction to ball trajectory
7. Eliminating the front-court swing-hitter

#### **Training session 6 : side-out + service drill**

1. King of the court on a small court
2. Hitting and passing drill: everyone sets - continuous movement drill
3. Defence drill plus attack
4. Hitting at position # 1 or # 6 against defenders at position # 1 and # 6
5. Team drill: side-out
6. Service-reception game

#### **Training session 7 : defending 1st, 2nd and 3rd tempo sets + pressure when pass is shanked**

1. Cardio-vascular training using balls and cones
2. Circuit-style defence drill
3. Defending 1st, 2nd, and 3rd tempo attacks by opponent
4. Attacking under pressure against a high block - error avoidance
5. Attack cover by P after setting - set a three-man block
6. Team drill: side-out starting from rotation # 4

#### **Training session 8 : defending 1st, 2nd and 3rd tempo attacks**

1. Cone ball
2. Cone sprints
3. Defending 1st, 2nd and 3rd tempo attacks
4. Full transition game for block and defence skills
5. Service - reception: 5 good passes in a row

### **Training session 9 : serving - passing + side-out rotations**

1. Warm-up drill: throwing and kicking the ball
2. Circuit drill with players doing 5 push-ups and 15 sit-ups between drills
3. Serving - game situation with permanent setter P
4. Serving - passing: 4 good passes in a row
5. Setting drill: setting under time pressure
6. Team drill: side-out from rotation # 5

### **Training session 10 : defending 3rd tempo hitting**

1. Pass-and-follow drill - volley-and-follow drill
2. Underarm passing — volleying drill with lateral movement
3. Dynamic defence drills
4. Endurance in attack - defence
5. Attack hitting to fixed defenders D1 and D5
6. Game situation out of defence

### **Training session 11 : "if - then" - freeing up the outside hitter**

1. Netball and movement drill
2. Warming up by volleying over the net and fast movement + combination of skills
3. Warming up in fours and hitting over the net
4. "If - then" and communication
5. 3:3:3 with switching - move quickly into position before attack
6. Isolation play : shoot attack - set player behind the 3-metre line
7. Isolation play : quick attack - set player at position # 4
8. 3:3:3 match

### **Training session 12 : service - reception + opposite**

1. Game drill for accurate kicking skills and accurate serving
2. Butterfly drill
3. Hitting at position # 1 or # 6 against defenders at position # 1 or # 6
4. Team training drill with focus on hitting behind the 3-metre line + set/attack complex 2
5. 3:3:3 game drill In different rotations
6. 3 times in a row = rotate one position

### **Training session 13 : repetition drill for setting and receiving**

1. Handball: headed goals only
2. Warm-up passing + communication
3. Warm-up volleying - speed
4. Warm-up throwing in groups of 5
5. Setter penetrates after ball is defended
6. Receiving drill : balls served down the line and cross court
7. 2:2 game drill on half a court

### **Training session 14 : middle attack**

1. Two-ball tag
2. Volleying drill for attackers - setting drill for setters
3. Conditioning drill : attack - defence
4. 1st tempo hitting
5. Service - reception duel for 4 teams
6. Serve - receive - middle hitting drill
7. Serve - receive and middle attack
8. Starting team versus reserve team : score 3 points per rotation

### **Training session 15 : setting**

1. Synchronised throwing + passing
2. Serve-receive skills
3. Penetrating setter setting to position # 4
4. Setting drill: movement + forward and overhead set
5. Setting drill: setting under time pressure
6. Set/attack complex 2 with set combination plays
7. Match starting with a down ball hit from position # 6

### **Training session 16 : medicine ball power training - tactical setting**

1. Cardio-vascular warm-up with a medicine ball for 4 to 5 players
2. Medicine ball relay
3. Medicine ball power training
4. Volleying in groups of 3 : training peripheral vision (2 balls)
5. Attack: warm-up hitting at position # 4
6. Attack at position # 4 and # 2 from reception on one side of the court
7. Match with 1st set to position # 2 if setter is backcourt
8. Match with 2nd set to hitter who has just missed
9. Team training drill incorporating attack behind the 3-metre line + counter attack

### **Training session 17 : defending at the net - middle player assumes setting duties**

1. Cardio-vascular training for 2 players
2. Ball + increasing intensity
3. Concentration : warming up with 2 balls between 4 players
4. Dig - volley - attack
5. Hitting tossed balls
6. Hitting balls tossed into the net
7. Hitting after block and tip recovery
8. Middle hitter assumes setting duties
9. Team side-out drill

### **Training session 18 : setter turns inward to face the ball after blocking + peripheral vision**

1. Cardio-vascular training for 2 players
2. Inward turn after blocking and switch positions
3. Inward turn after "real" block and defence situation
4. Peripheral vision drill for setter after blocking
5. Conditioning drill for setter with mental arithmetic task
6. Hitting off the top of the block + back-court recovery

### **Training session 19 : transition game**

1. Human football
2. Warming up in twos
3. Defence drill
4. 30-minute attack drill
5. 1st tempo hitting combined with precision serving
6. Attack out of reception against a single block
7. Short and deep serves and adding attackers and blockers
8. Transition game : team-play drills
9. Transition game : 6 against 6

### **Training session 20 : service - reception + blocking : position of hands**

1. Warming up in twos over the net, with 2 free players
2. Service - reception combined with speed sprints
3. Hitting off the top of the block at position # 4 : block positioning
4. Serving short and deep serves and adding attackers and blockers
5. Blocking position of hands + back-court recovery
6. Game drill starting with a down ball hit over the net from position # 6
7. Game drill with blocking tasks and counter attack

### **Training session 21 : set/attack complex 2**

1. Circuit-style warm-up drill
2. Hitting over the net
3. Circuit-style defence drill
4. Complex 2 : starting with 4 against 4 and building up to 6 against 6 - hitting at position # 4
5. Game drill starting with a down ball hit over the net from position # 1
6. Full transition game for block and defence skills

## **Training session 22 : ball handling - rotation 1**

1. Warming up. Each player has a ball.
2. Accelerations
3. Ball handling in 2's with stability exercises for 15 sec
4. 3 player exercise : attack and defence
5. Basic reception exercise (5 minutes)
6. Practice of rotation 1 (R1 from position 3 & middle from position 2)

## **Training session 23 : conditioning training with ball & reception technique - rotations**

1. Underhand bumping with movement
2. Reception training with movement pattern
3. Relay exercises
4. Per 3 : warm up spiking versus defence
5. Attack organisation and spiking on 1/2 a court
6. Step 2: reception exercise for 5 minutes
7. x3 serves: match of 6-6
8. Core stability

## **Training session 24 : agreements with opponent setter front court & spiking cover**

1. Accelerations with ball
2. Zig-Zag movement pattern
3. In pairs - 2 players, 1 ball.
4. Reception game
5. Reception unit : orientation right foot forwards - left foot back
6. Block organisation - blocker at zone 2 and zone 4
7. Defence from libero & counter attack
8. Attack followed by spiking cover
9. Core stability

## **Training session 25 : middle player : attack - block - "help" set up**

1. Long distance Overhand Volley Pass (OVP)
2. Orientation to target and set. "Help" set up
3. Orientation and playing: "Help" set up from middle player
4. Orientation and play out : game situation with 'Help" set up 6:6
5. Middle attack
6. Setter defence : organise the counter attack
7. Quadriceps & hamstring stability

### **Training session 26 : reception technique & "help" set up from the middle player**

1. Underhand & overhand conditioning
2. Moving at speed
3. Overhand volley pass (OVP) with movement (at speed)
4. Reception technique
5. Game play : counter attack
6. Stability : squats

### **Training session 27 : counter attack – attack from zone 6**

1. Warm up with ball
2. Speed + serve - reception
3. Warming up in 3's
4. Attack position 6 - negative reception at position 5
5. Game play with counter attack
6. Defence from the setter: organising a counter attack
7. Injury prevention: quadriceps & glutes

### **Training session 28 : goal orientated serving & setting : spread**

1. Warm up with balls & cones
2. Goal orientated serving : reduce the options of the opponent
3. Technique for attackers - setters training
4. Ball handling: set to setter at position 2 - controlled technical spike from attacker
5. Attack organisation, free attack on 1 half court
6. Playing outside attack at position 2 without block
7. Playing outside attack at position 4 without block
8. Building up the spread of attack
9. Core stability : back

### **Training session 29 : processing the freeball & defence positions**

1. Warming up with ball : reducing errors
2. Setter setting forwards / backwards - reception drill
3. Setter setting forwards / backwards with ball played diagonal over the net
4. Setter setting forwards / backwards with diagonal attack over the net
5. Defence 1st, 2nd, 3rd tempo
6. Hand position in block & recovery in defence
7. Drill : 2 teams - 4 balls in a row
8. Stability abdominals & back

### **Training session 30 : setting : speed of sets to outside spikers at 4 & opposite**

1. Ball handling in the court with 5 teams & 4 zones
2. Accelerations to the middle line and back (18 m)
3. Attack - defence on the wall
4. Controlled reception against the wall
5. Setter setting to position 4 - controlled technical attack from spiker
6. Attack pattern - spreading the play
7. Game play initiated with attack to position 1
8. Core stability front abdominals

### **Training session 31 : diagonal defence**

1. Warming up on half a court
2. Defence in 2's
3. Defence in groups of 5 or 6
4. Defending the diagonal attack
5. Diagonal defence with spiking cover
6. Final version : diagonal defence with back court setter
7. Game play - diagonal attack
8. Abdominal and oblique stability

### **Training session 32 : reception work and attack approach with focus on physical conditioning**

- 1.. Reception on easy serves from T
2. Reception - setting in a closed circuit form
3. Reception - setting in a closed circuit form - variation 2
4. Last 2 steps of attack approach
5. Movement series + attack
6. Series of middle attacks
7. Game play - middle and outside position 4
8. Stability : back

### **Training session 33 : free ball & down ball**

1. Tip ball - attack— jump
2. Movement forwards following reception
3. Free ball - down ball
4. Set-up position 4 setter - middle player
5. Set-up from setter to position 2 & position 4
6. Game play: play the easy ball high
7. Spiking cover after reception
8. Pelvis stability

### **Training session 34 : reception attacker as front court player**

1. Reception warm up
2. Speed per 2
3. Speed per 3
4. Attack from reception
5. 1st tempo after reception
6. Team training : attack from reception
7. Attack approach after reception - speed
8. Abs & back stability

### **Training session 35 : communication in the back court**

1. Ball handling per 5
2. Playing overhand with the focus on peripheral vision
3. Attack at position 4
4. Carrousel in 3's
5. Building up the attack after defence
6. Game play with tasks
7. Attack approach after reception - speed at position 2
8. Abs & back stability

### **Training session 36 : serve - reception, putting pressure on the attacker**

1. Control over technique in serve & reception
2. Ball handling in 3's - reception with 2 balls
3. Serve – reception : duel
4. Speed & building up the attack in 2's
5. Transition attack : move quickly to start positions
6. Attack on the outside after reception
7. Attack vs. higher block
8. Core stability : back

### **Training session 37 : building up towards team play**

1. Warming up including skills
2. Previous and following action - follow the ball
3. Controlled attack and defence (focus on control)
4. Attack towards x2 defenders from a difficult situation
5. Side-out setter back and increased pressure
6. Team play serve and reception versus defence and transition
7. "3 in a row" in combination with a match point

### **Training session 38 : close cover - attacking through the middle after reception**

1. Follow the ball exercise
2. Follow the ball exercise part 2
3. Circuit - speed of movement
4. Attack with close cover & defence
5. Serve straight ahead - alternating short & deep with addition of attack - block
6. Volley-baseball

### **Training session 39 : middle attack in function of reception zone**

1. Warm up with ball including setter movements for penetration.
2. Team warm up with defence behind a line block
3. Fun game with extra balls
4. Reception with ball skills
5. Reception with cover from 3m back row attack : play out the rally
6. Reduce the pressure on the attacker after receiving
7. Team play with focus on defence

### **Training session 40 : setting with tactics versus block**

1. Overhand play with increasing distance
2. Small game to retrieve the ball out of the net
3. Reception unit : creating distance
4. Team side-out from rotation 3 & rotation 6
5. Team play with spreading the attack and overload
6. Team play with a reverse rotation

