



## 15U

### Serving:

- Overhand Serve (proper technique), introduce jump float
- Teach athletes to serve to all 6 positions on the court

### Passing:

- Passing slightly off midline (teach to pass on both sides – manipulate platform angle)
- Contact (away from body)
- No overhand passing allowed

### Setting:

- High contact point
- Extend elbows
- Finish with thumbs

### Attacking:

- 3 step approach, spaced off the net
- Full arm swing
- Keep opposite arm high
- Finish with big hand and wrist snap
- Introduce back row attack

### Blocking:

- Eye work (ball setter ball hitter)
- Quick 1, quick 2.
- Timing, penetration.

### Defense:

- Reading (ball setter ball hitter)
- Ready position
- Contact (dig to self drills)
- Overhead digging, defensive shifting and curling

### Reading:

- Teach 3 on 3 and 4 on 4 games
- Work on defenders and blockers reading the setter

### Movement:

- Transition from defense to offense, sequences (dig tip to attack)
- Defensive shifting, tipping and ½ speed continuous attacking drills to teach flow of the game

Offensive System – 6-2, 3 person serve receive, middle should be learning to run 51's.

Defensive System – Everyone plays back row (no libero), six back, spread block (outside blockers starting an arms length from the antenna), off wing blocker covering the pot.

LTAD – Teach athletes to have fun, enjoy the game and still not worry about the score or making errors.

Mental training – Teach serving routine, refocus after errors, positive self-talk.