

## Skill: Overhead passing

### Sample Training Sequence

#### **Overview**

**TEACHING POINTS:** (Reference – **Atomic Volleyball: Instructor’s Manual** – p. 29)

[Coaching Resources: Overhead passing video](#)

- TRIANGLE – Thumbs & Pointer fingers
- CUP THE HANDS – Wrist wrinkles (*Creases*);
- THUMBS POINT TOWARD EYES – See the tips of the thumbs;
- PALMS TO CEILING ON FINISH – ‘**W**’
- WEIGHT ON LEFT FOOT (*Rt. foot forward*)

**COMMON ERRORS:** Finishing position of Hands – ‘Swimming’ motion / Wrist ‘flick’

**Warm-up:** for suggestions of games refer to the Sask Volleyball web site:

**Coaches --- Resources to help You Coach --- Atomic Volleyball --- Warm Up Games** (*list of 14 different games*)

#### **Drills / Activities:**

- |                                  |   |                          |
|----------------------------------|---|--------------------------|
| 1) <b>HAND POSITIONING</b>       | - kneeling<br>- standing  | INDIVIDUAL<br>INDIVIDUAL |
| 2) <b>CATCH &amp; FEED</b>       |   | TEAM (entire group)      |
| 3) <b>TOSS &amp; CATCH</b>       |   | PAIRS                    |
| 4) <b>DROP, CATCH &amp; PUSH</b> | ( <i>focus on HANDS FINISH</i> )<br>- kneeling<br>- standing            | GROUP OF 3               |
| 5) <b>CATCH &amp; PUSH</b>       | ( <i>focus on LEGS – weight on left foot TRANSFER right foot</i> )      | GROUP OF 3               |
| 6) <b>DROP &amp; PASS</b>        |   | GROUP OF 3               |
| 7) <b>STV* &amp; CATCH</b>       | ( <i>focus on HAND FINISH</i> )<br><b>*STV – Self-Toss &amp; Volley</b> | PAIRS                    |

8) **TOSS & PASS** TEAM (entire group)

Progression alternatives:

- 1) **Coach & team:** Coach Toss – players (1<sup>st</sup> in line) PASS back to coach;
- 2) **Partners A & B:** Partner A Toss – Partner B PASS back to Partner A; *repeat.* (5X – switch)

9) **OVER IT COMES** (focus – ‘**GET THEIR FEET TO THE BALL**’) TEAM (entire group)

10) **PASS TO ME, PASS TO YOU** PAIRS

11) **PASS TO THE SETTER – RIGHT-SIDE** TEAM (entire group)

12) **PASS ALONG THE NET** TEAM (entire group)

13) **SUGGESTED PROGRESSIONS:**

- a) Stationary passing: Change distances
- b) Movement: Forward / Backward  
Lateral: side to side  
Diagonal passing  
Passing from position 2 (*setter’s position – front right side*)  
{*Passing to the net; passing along the net*}

14) **ADDITIONAL ACTIVITIES / DRILLS:**

- NOVICE LEVEL - (Reference – **Atomic Volleyball: Instructor’s Manual** – pp. 32 - 3)
- INTERMEDIATE LEVEL - (Reference – **Atomic Volleyball: Instructor’s Manual** – p. 34)
- ADVANCED LEVEL - (Reference – **Atomic Volleyball: Instructor’s Manual** – pp. 35 - 6)

15) **GAME PLAY:** **Atomic Smashbal** – Level 5; 6; 7; 8

Reference: Atomic SMASHBAL Training suggestions & Resources

OR

Refer to the Sask Volleyball web site:

- a) **INDOOR --- Developmental Programs --- Training Resources**
- b) **INDOOR --- Developmental Programs --- Gameplay Progressions**

# Skill: Overhead passing

Sample Training Sequence

## **Detailed plans**

(Reference – **Atomic Volleyball: Instructor’s Manual** – p. 29)

[Coaching Resources: Overhead passing video](#)

***“Ability is what you’re capable of doing.  
Motivation determines what you do.  
Attitude determines how well you do it.”***

- Lou Holtz

**Warm-up:** for suggestions of games refer to the Sask Volleyball web site:

Coaches --- Resources to help You Coach --- Atomic Volleyball --- Warm Up Games (*list of 14 different games*)

**Drills / Activities:** NOTE: Drill repetition ‘numbers’ are suggested *minimums*

## 1) HAND POSITIONING

Drill progression:

### **Kneeling**

INDIVIDUALS

- hands on the ball – ‘Triangle’ (*thumbs & fore fingers*)
- holding onto the ball, raise hands above the forehead
  - thumbs ‘point to eyes’
  - hands bent back until ‘wrist wrinkles’ are observable
- remove ball - observe hand position: thumbs / wrist wrinkles

### **Standing**

PAIRS

- repeat the steps for kneeling

## 2) CATCH & FEED

TEAM (*entire group*)

Drill progression: **Coach** tosses – players & coach - same side of the net

- catch the ball – hands in overhead passing position (*check thumbs & wrist position*)
- ‘feed’ ball to coach
- return to line

Drill completion: Toss to the ‘line’ - distance 2m (3X)  
Toss to the ‘line’ - distance 4m (3X)

### 3) TOSS & CATCH

PAIRS

Drill progression: partners stand on opposite sides of the net

- catch the ball – hands in overhead passing position (*check thumbs & wrist position*)
- each partner - distance 3 – 4 m away from the net

Drill completion: Toss & Catch – back and forth (5X)

**TEACHING NOTE:** ‘Push’ the Ball to Target – *FINISH* – ‘palms facing the ceiling’

### 4) DROP, CATCH & PUSH (*focus on HANDS FINISH*)

GROUP OF 3

Player Positioning: **Passer** kneels on attack line facing the **Target** player  
**Target** player has their back to the net facing **Passer**  
**‘Tosser’** stands beside **Passer**

Drill progression: **‘Tosser’** - drop the ball into the hands of the **Passer**  
**Passer** - catch the ball; check hand positioning (*thumbs & wrists*)  
- PUSH the ball to **‘Target’**  
**‘Target’** - catch the ball and return it to the **‘Tosser’**

Drill completion: **Kneeling** 4X - rotate  
**Standing** (*1 – 2 steps behind attack line*) 4X - rotate

**TEACHING NOTE:** Weight transfer during ‘Push’

START WITH WEIGHT ON LT FOOT - STEP AHEAD AND TRANSFER WEIGHT TO RT FOOT

### 5) CATCH & PUSH (*focus on WEIGHT TRANSFER*)

PAIRS

Drill progression: partners stand on opposite sides of the net

- catch the ball – hands in overhead passing position (*check thumbs & wrist position*)
- each partner - distance 3 – 4 m away from the net

Drill completion: **Standing** – ‘CATCH’ & PUSH the ball TO PARTNER 5X / partner

6) **DROP & PASS** same as Drill #4 – *NOTE CHANGE FOR PASSER\** GROUP OF 3

**Player Positioning:** **Passer** kneels on attack line facing the **Target** player  
**Target** player has their back to the net facing **Passer**  
**'Tosser'** stands beside **Passer**

**Drill progression:** **'Tosser'** - drop the ball into the hands of the **Passer**  
**\*Passer - PASS (Volley)** the ball to **'Target'**  
**'Target'** - catch the ball and return it to the **'Tosser'**

**Drill completion:** **Kneeling** 4X - rotate  
**Standing** (1 – 2 steps behind attack line) 4X - rotate

7) **STV & CATCH** (S=self; T=toss; V=volley) PAIRS

**Drill progression:** partners on opposite sides of the net

- Partner 1 STV to Partner 2
- Partner 2 catches the ball – *hands in overhead passing position*
- Partner 2 STV to Partner 1
- Partner 1 catches the ball – *hands in overhead passing position*
- each partner - 3 – 4 m from the net

**Drill completion:** **STV & Catch – back and forth** (5X)

8) **TOSS & PASS** TEAM (entire group)

**Drill progression:** **Coach** tosses – players & coach - same side of the net

- PASS the ball to the coach
- return to the line

**Drill completion:** **Toss to the 'line'** - distance 2m (3X)  
**Toss to the 'line'** - distance 4m (3X)

**Progression alternatives:**

- 1) **Coach & team:** Coach Toss – players (1<sup>st</sup> in line) PASS back to coach;
- 2) **Partners A & B:** Partner A Toss – Partner B PASS back to Partner A; *repeat.* (5X – switch)

## 9) OVER IT COMES

TEAM (entire group)

**Focus** – Player movement – ATHLETES – ‘GET THEIR FEET TO THE BALL’

Drill progression: **Coach** tosses – players & coach - *opposite* sides of the net

**N.B.** **PASSER – POSITION FEET, HIPS & SHOULDERS TO FACE THE TARGET**

- Player movement pattern: ‘Follow the ball’: passer – target – feeder – passer . . .
- Passer: 1 – 2 steps behind attack line – ‘facing the target’
- Target: at the net – to the passer’s right side

Drill completion: Toss – **PASS** - to target (5X thru line)

Progression alternatives: 1) Toss – **Catch** - **STV** – to Target;  
2) Toss – **PASS** - to target

## 10) PASS TO ME, PASS IT OVER

PAIRS

Drill progression: partners on *opposite* sides of the net

- Partner A - initiates with STV to themselves
- Partner A then passes (volleys) over the net to Partner B; Partner B catches (in passing position)
- Partner B STV to themselves, and sends a return pass over to Partner A
- each partner - distance 3 – 4 m from the net

Drill completion: STV & Pass to partner – over and back (5X)

Progression alternatives: 1) Partners on *same* side of the net  
2) Partners on *opposite* sides of the net

## 11) PASS TO THE SETTER – RIGHT-SIDE

TEAM (entire group)

Drill progression: **Coach** tosses – players & coach - *same* side of the net

**N.B.** **PASSER – POSITION FEET, HIPS & SHOULDERS TO FACE THE TARGET (Front right side)**

- Player movement pattern: ‘Follow the ball’: passer – target – feeder – passer . . . }
- Passer - 1 – 2 steps behind attack line
- Target – at the net (*front right-side . . . position 2 . . . setter’s position*)

Drill completion: Toss - **CATCH** & **PUSH** to target (3X)  
Toss - **CATCH** & **STV** to target (3X)  
Toss - **VOLLEY** to target (3X)

Extending the drill: Coach tosses from the opposite side of the net

## 12) PASS ALONG THE NET

TEAM (entire group)

Drill progression:      **Coach** tosses from the back of the court (*position 5 or 6*)  
Players & coach - *same* side of the net

- ‘Setter’ (*front ‘right’*) passes the ball ‘along’ the net to Left-side (*target*)
- Player movement pattern: ‘*Follow the ball*’: setter – target – feeder – setter . . . }

Drill completion:      Toss - **CATCH** & **PUSH** to target                                (3X)  
Toss - **CATCH** & **STV** to target    (3X)  
Toss - **VOLLEY** to target    (3X)

## 13) SUGGESTED PROGRESSIONS:

Change distances

Movement:

Forward / Backward

Lateral: side to side

Diagonal passing

Passing to and from position 2 (*setter’s position*)

{*Passing to the net; passing along the net*}

## 14) ADDITIONAL ACTIVITIES / DRILLS:

NOVICE LEVEL -                (Reference – **Atomic Volleyball: Instructor’s Manual** – pp. 32 - 3)

INTERMEDIATE LEVEL -        (Reference – **Atomic Volleyball: Instructor’s Manual** – p. 34)

ADVANCED LEVEL -              (Reference – **Atomic Volleyball: Instructor’s Manual** – pp. 35 - 6)

## 15) GAME PLAY:      **Atomic Smashbal** – Level 5; 6; 7; 8

Reference:      Atomic SMASHBAL Training suggestions & Resources

OR

Refer to the Sask Volleyball web site:

c) **INDOOR --- Developmental Programs --- Training Resources**

d) **INDOOR --- Developmental Programs --- Gameplay Progressions**