

Volleyball Warmups and Practice Drills

Footwork Patterns

Lay out cones in a zigzag, straight line, or semi-circle pattern. Players practice shuffling, stepping, or pivoting through the cones while maintaining a ready stance. Incorporate a coach who tosses the ball for the player to bump during movement for added challenge.

Passing Circle

Players form a circle and pass the ball around.

Optional - have players call out the receiver's name before they pass.

Triangle Passing (include coach as needed for numbers)

Three players form a triangle and pass the ball to each other in a specific order. Players should move slightly after each pass to stay active. Add a challenge by increasing the distance between players.

Pass to the Bucket

Place a bucket or hoop on the floor. Players form 1-2 lines and practice passing the ball one at a time, aiming to land it inside or near the bucket. Have them retrieve their own ball. Gradually increase the distance to make it more challenging.

Passing Accuracy

Place cones or floor markers on the court as targets. Players pass the ball to their partner, aiming to land the ball near the target. Adjust target distance as skills improve.

Wall Passing

Players stand 4-6 feet from a wall and use forearm passes to hit a marked target. For variety, players can switch to overhead sets. Adjust the distance based on skill level, aiming for consistency in the number of passes.

One-Hand Passing

Players stand a short distance apart and pass the ball back and forth using only one arm at a time. Alternate between left and right arms to build coordination and control. Start with slow, underhand tosses and progress to higher-speed exchanges.

Alternative: have players form lines and run the drill with coaches tossing the balls to one player at a time.

Ball Toss and Pass

One player tosses the ball underhand, and the other practices passing it back using forearms or an overhead set. Tossers should vary the height and direction of the toss to simulate game situations.

Pepper Drill

In pairs, players pass and set the ball back and forth, standing 10-15 feet apart. They focus on keeping the ball high and controlled. Encourage players to call “mine” before each touch to develop communication.

Advanced: have the players rotate through bumping, setting and spiking while in their triangle formation.

Bump, Bounce, Set, Bounce

Players set the balls up, allow them to bounce up off the ground, then bump them up and allow them to bounce up off the ground and repeat.

Target Setting

Players practice setting the ball toward a specific cone or partner at varying distances. Focus on high, controlled sets with consistent hand positioning.

Set to Self

Players set the ball to themselves repeatedly, focusing on consistent height and proper hand position above the forehead. Challenge players to count consecutive sets.

Toss and Catch

One player tosses the ball gently to different spots around the court, and the other player moves to “catch” (they should stop the ball with their forearms in a bumping position or with their fingers in a setting position). Focus on quick, efficient movement and ending in a ready stance.

Wall Bump and Set

Players alternate between bumping and setting the ball against a wall, aiming for a specific target. Encourage rhythm and consistency.

Cone Serve Challenge

Set up cones on the opposite side of your half-court practice area. Players serve underhand, trying to hit the cones. Track how many cones are hit in a set time.