



Skill Development Ball

This regulation size and weight volleyball is designed for beginners. The ball includes FIVE different color-coded areas for hand placement, contact placement, and/or alignment.

Red: Setting a Panel

How it Works:

Turn the panel longways (horizontal), place the thumbs and first fingers on the red dots.

THUMB - THUMB - FIRST FINGER - FIRST FINGER

Drill 1: Self-Setting

Setting the ball a few feet above your head, focus on keeping your hands "shaping" a panel (thumbs apart, hands forming true to the shape of the ball).

Drill 2: The 4 Drill

Begin self-setting for three repetitions and on the fourth set, push the volleyball, setting it high and catching it "on a panel." Of course, you're not expected to literally catch it on the red dots but the challenge is testing your hands to make sure they are still shaped as if they were on the dots.

Green: Underhand Serving

How it Works:

Using the green "hand", place your off-hand (not your striking hand) under the ball, low in your stance. Move the ball over to line it up in front of your striking shoulder. With a strong fist, contact the ball near the pinky of your golf tee hand. Saying "One, two, PUNCH" will help accelerate into the ball for a strong finish.

ONE - TWO - PUNCH

Drill 1: Wall Serves

Facing a wall, hold the ball in your golf tee hand with it lined up in front of your striking shoulder. Count out loud "One, two, PUNCH" and finish strong with your golf tee remaining in a low (starting) position.

Drill 2: Routine Serving

A serving routine (serving the same way every time) is very important in becoming a consistent server. Facing the target (net, wall or partner), dribble twice and step back with the same foot as the serving hand. Begin serving, using your consistent routine with each repetition.

Blue: Overhand Serving (Float)

How it Works:

Using the blue target in the middle of the ball, focus on a steady contact with a big, open hand. The toss should be only a few inches higher than your extended striking arm, lined up with your hitting shoulder. Toss with your off-hand, step forward with the the foot opposite your striking shoulder, and punch with an accelerated striking arm. The step will open up your hips to incorporate the lower body.

Tip: Drop the elbow "one inch" and reduce your follow through to help make the ball float.

TOSS - STEP - PUNCH

Drill 1: Wall Pins

Positioning your tossing hand just a few inches from a wall, toss in front of your striking shoulder and PIN the ball to the wall with your striking hand. Check for a big open hand and a slightly dropped elbow.

Drill 2: Mock Serving Drill

This partner drill will have you going from a solid, consistent routine to a strong contact while not being concerned about the ball going over the net. Start 5-10 feet away from a partner on one side of the net. Serve the ball to your partner, concentrating on perfect form, checking for a big open hand, ball/shoulder positioning, and using the rhythm TOSS - STEP - PUNCH. After both partners have successfully completed several serves, take a step back and continue.

Tip: Once good control and form are mastered, add the net by starting partners at opposing 10 foot lines.

Purple: Hitting Hand Striking Zones

How it Works:

The ball has a top third, a middle third and a bottom third. Place the ball in your tossing hand with the purple top third UP, and concentrate on striking the ball in a fully extended manner to hit the top third (purple). Lengthen your reach and rely on your strong wrist snap to gain momentum with this repetitive movement.

FLOOR - WALL - HAND, REPEAT
DIVIDE THE BALL IN THIRDS

Drill 1: Top Spin Wall Down Ball

Approximately 10-20 feet from a wall, strike the ball TO THE FLOOR with a high elbow and lots of wrist snap. The goal is for the ball to come off the floor at an angle where it then hits the wall and comes back to you so you can strike it again, making continuous contacts. Get in a rhythm of hitting the ball aggressively from the floor to the wall and then back to your big, open hand. Hint: Shoulder and ball alignment is key.

Drill 2: Middle Third Serving

While the bottom third of the ball is primarily for underhand serving, go back to working on your float serve focusing on the middle third (purple) of the volleyball.

Tip: Watch the spin on the ball (or no spin) to see how and where you are striking it.

Black: Passing Numbers

How it Works:

You will see the ball has six panels numbered 1 through 6.

From a toss, SEE THE BALL INTO YOUR PLATFORM and shout out the number you see at contact. A player or coach may stand directly behind you to see if you are both seeing the same number!

Tip: Extend your platform and watch the ball INTO your arms - don't call out the number actually touching your arms, but the one you see while passing.

SEE THE BALL INTO YOUR PLATFORM

Drill 1: Number Passing

A partner underhand tosses from 15-20 feet away and you SEE the ball into your platform. Call out the number you see. After 10 tosses and passes, tosser and passer switch.

Drill 2: One-Mississippi Drill

Holding your follow-through out long and strong after shouting out the panel number when passing, say "ONE-MISSISSIPPI" and hold your platform steady, only releasing out of this ideal passing form after the count.

Tip: Check your feet and hands to make sure the ball and your platform are lined up.

