**Volleyball Beginner Drills – Bump (Pass) and Serve**

1. Get a partner. Toss the ball to your partner 10 times and have them bump it back to you. Then reverse it. After the bump back and forth – in control – not with power. Try to get some height (higher than the net, but not to the ceiling).
2. Put the girls in groups of 3. Have them get 1 ball per 3 girls and bump in a circle. Count out loud – LOUD. It is a competition! First to ? wins… 25 or so. Repeat this drill with different numbers of girls in the group.
3. Have girls get into 2 lines at 10 ft. line. You and another coach get on the opposite side of the net and toss balls from buggy to them, they bump it back over the net and then shag ball to buggy.
4. Have the play “queen of the court” 3 girls on team. One team on each side of the net and one on the sidelines. Toss ball in play, they play the 10’ line is out. Have to get ball over the net. If your team loses point, they are out and the team in waiting is in. Keep this very fast moving! First to 10 or so wins.
5. Get partner and get across the net from each other. Bump ball back and forth over net. Again, Control!
6. Have 2 lines of girls outside the court at the 10’ line. One girls comes onto the court and faces net. You slap ball and this is their cur to turn and get ready to hit, They then hit the ball over the net with their back to the net. (backwards hit).

Basic bump (Pass is the correct term) = Straight elbows, knees bent – get low! No elephant swings! Hands must be held together (or it is a double hit). Power is from the legs, not the arms.

Serve – Left hand is a “tee” for the ball. Hold this hand still! Other arm is a pendulum striking ball. Ball should be out in front, but not moving. Don’t want to ne chasing the ball with your hitting hand.

Have girls stand on each end line and serve to each other – you can walk around and help them with serves.