

Rick Butler's Sports Performance Volleyball Video Series

Skills and Drills for Excellence (Part 1)

Players demonstrate movement training, ball control drills, overhand serving techniques, 5-4-3-2 passing systems and attacking. Proper technique and high quality repetitions are the keystones of this video.(90 minutes)

Skills and Drills for Excellence (Part 2)

Includes instruction for developing the quick attack, individual defense, blocking, transition attack plus drills for team competition. Good use of slow-motion to emphasize proper techniques. (90 minutes)

Defensive Lessons from the Orient

Mr. Matsunaga goes through over 30 drills that combine theory and techniques which are used by world class Japanese players. Drills are broken down into beginner, intermediate and elite level progressions. Watching this presentation, you will immediately sense the meaning of "defense is an attitude." (60 minutes)

Teaching and Training Passing

An excellent demonstration of passing techniques and movement training. Includes drills for passing, group drills and passing systems. Remade in 1999, there is additional information on passing systems and "passing games." Although geared towards advanced players, some excellent drill progressions for all levels. With rally scoring, passing is now the key component in the high school game. (45 minutes)

Developing and Training the Setter (Part 1)

From personality traits to physical attributes necessary for the setter, Butler takes us through the numerous logical progressions necessary to train youngsters for this demanding position. An excellent technical presentation with numerous key drills and points of emphasis. (45 minutes)

Developing and Training the Setter (Part 2)

A continuation of the previous tape with emphasis on the more advanced aspects of setting. Loaded with high quality drills, the focal point is establishing high quality repetitions throughout practice. Jump setting techniques and running more advanced offensive systems (including the quick) are developed. (50 minutes)

Strength Training for High Performance Volleyball

A back to basics look at some of the key core and dynamic exercises used in the sport of volleyball, Many partner based drills using both free weight and medicine applications, Very sport specific and dynamic in nature, the plyometric exercises are particularly helpful. (55 minutes)

Teaching and Training Spiking

A demonstration of spiking techniques and skills. Includes footwork for all attack patterns, analysis of arm swing technique plus competitive drills to help develop

both young and elite players. Butler's use of a tennis ball to develop proper "throwing" motion is useful in training young athletes. (45 minutes)

Teaching, Training and Perfecting the Quick Attack

A detailed analysis of how to establish the quick attack as the building block for any successful offensive system. Excellent progressions dealing with footwork and transitioning techniques. (55 minutes)

Total Movement Training for Volleyball

An exceptional primer which deals with all the key movement patterns in volleyball. Highly effective drills demonstrating the explosive kinds of footwork used in this sport. You'll take away some great conditioning ideas as well as some interesting applications for pre-game routines. (60 minutes)

Practice, Planning, Organization and Demonstration

Most of this off-court presentation gives volleyball coaches a working vocabulary and skill base from which to organize a practice session. Demonstrations of some of the key movement, passing and hitting basics are provided. (40 minutes)

Coach to Coach: Transition/Sideout Offense

An outstanding presentation of serve-receive options. Understanding the basic three contact philosophy is at the heart of this instructive video. Concepts of Spread, Overload and Combination Offenses are developed. Extensive development of two, three, four and five passer serve-receive systems. Especially helpful are the hitting options presented for these various systems. Court angles are particularly well shot so that you can visualize the spacing in these different systems. (60 minutes)

Coaches School 2001 (Part 1)

The first in a two part series which is a compilation of some of the best drills that Sports Performance has used over the past decade. The key elements of this tape include movement training, passing, overhand passing, individual defense and attacking. The drills are demanding coach and player oriented drills which will test athletes of all ability levels. (90 minutes)

Coaches School 2001 (Part 2)

A continuation of the previous tape with emphasis on the more advanced skills in the game including blocking, quick and combination attack drills and demanding team-oriented wash drills. The pace and high quality of the drills will enhance almost any practice situation. (90 minutes)

Teaching and Training the Sport of Volleyball

This video uses a 14-and-under club team to model most of the skills which are pivotal to learning the game of volleyball. Lots of emphasis on the basics- movement, passing, serving and attacking. To build a proper foundation with young players, this is an excellent primer with easy-to-follow progressions and drills. (60 minutes)

Championship Volleyball Series

Texas Team Defense

Coach Mick Haley (now the coach at Southern Cal) takes us from the chalkboard to the court showing us the principles of sound defense. Tactics discussed include angles of pursuit, footwork for all movements, zones to defend, block timing, penetration, etc. Numerous drills (almost 20) are presented to enhance digging, blocking and overall team defense. (60 minutes)

Serving and Serving Strategy

Former Nebraska coach Terry Pettit outlines progressions for developing the various types of serves (floater, top spin, jump). Technical and tactical applications, along with solid progressions for each type of serve, make this tape a valuable tool for the high school and club coach. A brief chalkboard discussion places emphasis on "serving tough" to the various zones. (39 minutes)

Passing

Former Stanford mentor Don Shaw breaks down passing into the (1) Ready, (2) Movement and (3) Contact phases. Individual, combination and team passing drills are used to demonstrate the various skills. The four time NCAA Championship coach emphasizes movement patterns and zones of responsibility. (31 minutes)

Spiking: Step by Step Development

Long Beach's Brian Gimmiaro (3 time NCAA Champions) places emphasis on quickness and efficiency. All phases of the spike - from footwork to follow through are carefully discussed. Progressions include the approach, arm movement during the approach, the jump, coordination of the jump with arm and body position, the swing, contact with the ball and follow-through. (30 minutes)

Quick & Combination Attack

Minnesota's Mike Hebert goes through the concepts and technical execution of the "quick." Excellent visual images as learning tools. Good step-by-step (including extensive use of slow motion) progressions employed throughout. Explanations are clear and relevant to all levels of play. (32 minutes)

Developing and Training for Terminators

Iowa State's Jackie Nunez takes us through a highly organized tape developing the keys components of the attack. Excellent breakdown of armswing and footwork mechanics with excellent camera angles. Especially useful are the footwork combinations in transitioning from serve-receive or defense. (60 minutes)

Quick Attack and Combination Plays

Coach Rose walks us through some of the most common plays and their numbering systems. Excellent once outstanding passing and setting basics have already been established. (50 minutes)

Blocking Drills

The Minnesota Golden Gopher Head Coach introduces four kinds of drills for effective blocking: (1) individual, (2) situational, (3) tactical and (4) competitive. The sections on tactical (fronting the hitter and release blocking) and situational (actual game situations) are highly beneficial. (38 minutes)

Jump, Quickness and Conditioning Drills

Coach Gimmillaro goes inside the weight room to demonstrate volleyball training, conditioning circuit and shoulder circuit. Some topics include injury prevention exercises, multi-joint exercises, plyometric exercises and torso exercises. Very volleyball specific, with valuable exercise choices for all muscle groups. (47 minutes)

Skills and Drills for Backcourt Defense

Penn State's legendary Russ Rose takes us through a number of key movement patterns and individual defensive skills. Drills are difficult and demanding, as Coach Rose shows the "attitude" necessary to play defense. The concluding teamwork drills show how to take any team to the next level. (44 minutes)

Individual Defense

Kentucky's Kathy DeBoer covers all aspects of individual defensive play. She places emphasis on movement, good body position and an aggressive attitude. All emergency and floor skills are covered. Excellent presentation of the barrel roll, shoulder roll and the dive. (35 minutes)

Defense and Passing Drills

Coach Gimmillaro covers both free ball and serve-receive passing. His defensive drills emphasize ball control, communication and individual responsibilities within the team framework. Good technical cues and hints for drill efficiency. (53 minutes)

Fundamental Skills for Volleyball

Megan Clayberg (Central College, 1998 Division III Coach of the Year) looks at three phases of volleyball skill training: footwork, movement training and ballhandling. Footwork focus includes quickness and straight-line efficiency. Movement training includes free ball transition, block-terminate drills and attack-defend concepts. Ball-handling offers drills which can be used as pre-game warm-up. (53 minutes)

Ballhandling Drills

Coach Patty Dowdell (former Olympian, Head Coach, Texas Women's Univ.) demonstrates over 30 ballhandling drills covering a wide range of skill levels. Primarily two- and three- player drills can be used in an organized practice or with a partner in the off season. (49 minutes)

Serve Receive Offense

Notre Dame's Debbie Brown explains the numerous forms of serve receive while running a 5-1 offense. This includes three basic sets and three more advanced systems (spread offense, flooding a zone and changing zones. (49 minutes)

Developing the Slide Attack

Ohio State's Jim Stone takes us through this advanced offensive skill which changes volleyball from a vertical to a horizontal game. Mechanics, progressive drills and attack options are thoroughly explored. Setting tips for the slide as well as using this technique off serve-serve and in transition are explained. (40 minutes)

Keeping Standardized Volleyball Statistics

This video defines terms for various volleyball statistical categories. Then, match situations are presented to show how to correctly interpret what constitutes a kill, service ace, dig, assist, etc. An excellent companion to the CAP Level II booklet. (44 minutes)

Practice Planning Series

Blueprint for Designing Volleyball Practices

An overview of the key elements which constitute any practice. Minnesota's Mike Hebert takes us through the essentials: practice flow, drill management, essential training aids, pace, coaches' hitting and tossing skills. The elements are demonstrated by the staff and players from the University of Minnesota. (35 minutes)

Setter Training and Team Warm-Up

The second in this three-part series develops two key elements of any effective practice: setting and warm-up. Some essentials to setter development are logically presented through a series of progressive drills. A 20-30 minute "active warm-up" is explained and reproduced in the gym. (40 minutes)

Skill Development and Team Tactics

An actual Minnesota practice takes us through the progressions in these two key areas. Drills are carefully explained as the Golden Gophers go through their daily routines. A key feature is the ability to see the coach's role in all of the drills as well as the movement patterns of the players. (40 minutes)

Winning Volleyball Series

Spiking to Win

Oklahoma Coach Miles Pabst takes us through the mechanics of the spike from footwork to contact. An advocate of the four-step approach, Pabst provides a series of drills based on logical progressions. (39 minutes)

Passing to Win

The basics of passing from hand position to footwork. Some effective two-on-two drills reinforce the basic concepts. (38 minutes)

Approaches to Serving

The float, roundhouse, overspin, jump and lob serves are covered in depth. A unique hand position for the float provides food for thought. (42 minutes)

Volleyball Clinic Video Series

These are filmed in an actual clinic (sometimes classroom) environment. Some on court demonstrations are provided, but primarily lecture-oriented.

Planning Practice

Mike Jones (Texas Tech) provides an overview of different practice philosophies and plans. More theory than practice. (73 minutes)

Defense to Transition Offense

Lisa Love (ex-USC coach) goes through efficient footwork and movement patterns, especially with front row players (emphasis on Middle Hitter movements). Because she works with high school and club players in the video, this tape is worthwhile to coaches at that level. (57 minutes)

Competitive Drills

Lisa Love presents a series of game-like drills which she uses with her USC players. Some interesting ideas, especially in terms of defensive and transition wash drills. Also taped using high school and club players. (62 minutes)

Skills, Kills and Drills Series

Sanctioned by USAV, this series of six tapes serves as an overview of various skills and aspects of the game of volleyball. Produced professionally, it is graphically appealing, but not as technique-oriented as many of the other tapes. The series would help the player who is new to the game to establish a general sense of the sport itself.

- A. Serving and Serve-Receive
- B. Defense and Digging
- C. Hitting
- D. Blocking and Transition
- E. Setting and Overhead Passing
- F. Coach's Guide

Foundation for Successful Volleyball Series

Primarily aimed towards the younger player, this series takes you through some of the game's basics. Conducted by Mary Wise (University of Florida, 2-Time AVCA Coach of the Year) and some of her most recent players, each tape follows a similar format. First, the skills are demonstrated by Florida players such as Jenny Manze and

Jen Sanchez. From there, Wise breaks each skill down into its component parts by providing “teaching cues.” After presenting a series of drills to illustrate each skill, the Florida players then model advanced techniques associated with each skill (i.e., jump setting, emergency defensive techniques, jump serving, hitting the slide). The use of young Junior Olympic players helps to establish a basic working vocabulary needed to deal with inexperienced players.

- A. Passing (35 minutes)
- B. Serving (34 minutes)
- C. Individual Defense (34 minutes)
- D. Setting (34 minutes)
- E. Blocking (31 minutes)
- F. Attacking (35 minutes)

Coaching Youth Volleyball Series

This series, featuring Coach John Dunning (head coach, Stanford), is an outstanding trilogy with all drills and demonstrations done by California 12-and-unders. A must see for any coach looking for great drills and progressions. Dunning is a very positive, innovative coach whose ideas are presented in a highly organized and effective manner. Since he spent much of his early coaching career as a high school and club coach, Dunning has a strong sense of what younger players need to do to improve to the next level. If you are looking for interesting and motivating ways to format your practice sessions, you could not ask for a better place to start.

Practice Planning & Drills for Teaching Skills

Dunning’s practice ideas are innovative and logical. Great drills are presented in exactly the manner in way you would structure a practice. Special emphasis on ball control drills. No Hollywood gloss here as youngsters demonstrate. (60 minutes)

New Approaches to Better Volleyball

Again, full of drills that players can practice by themselves or with partners. Excellent progressions for younger players. All of the drills are up-tempo and easy to adapt to your current practice schedule. The concluding section deals with teaching techniques with an emphasis on injury prevention. (60 minutes)

Simplified Playing Systems

This final tape illustrates a basic 3-person serve-receive for younger players. Developed around the “middle-player-up” defensive scheme, this system allows players to “transition” into defensive and attack positions in a highly efficient manner. Dunning instructs with his typical common-sense approach to the game. (42 minutes)

World Class Volleyball Technique and Skills Series

Serving Strategies and Techniques

Rita Crockett (University of Iowa, US Olympian) illustrates ways to disrupt an opponent's serve-receive system. She demonstrates numerous variations of the float, topspin and jump serve. Then, she shows how to "serve tough" to undermine two, three and four player serve-receive patterns. (40 minutes)

Passing Techniques

Don Shaw, Stanford's ex-mentor of the 4-time NCAA Champion Cardinal, shows how to effectively pass serve. Through a breakdown of proper technique, progressions and drills, he places emphasis on areas of responsibility in serve-receive. Good demonstrations of movement patterns and adjusting to serves "in the seams." On court modeling done by Stanford players such as Walsh, Detmer and Gregory. (46 minutes)

Setting Techniques

John Dunning (now the Stanford coach) first establishes some of the key attributes and roles necessary for an effective setter. He then goes over some ball control and basic setting drills that players can practice on their own. Then he presents an outstanding series of progressions and drills to give your setter efficient contacts during setter training. Finally, he goes through a number of advanced setting techniques such as jump sets, one hand sets, and dumps. (54 minutes)

Advanced Attacking

Florida's Mary Wise shows you how to elevate the level of your attackers to the next level. She begins by breaking down the technical aspects of armswing and approach as they apply to the outside, middle and slide attacks. Introducing a live set to her demonstration, Wise then shows the adjustments necessary to hit various tempo attacks. She then demos the proper techniques for hitting line and sharp angle for all three front row positions. The final section deals with hitting around or off the block as well as hitting off-speed and roll shots. (33 minutes)

Quick Attack and Combination Plays

Russ Rose, the venerable Penn State coach, provides an overview of when and how to employ these advanced attack skills. Great progressions without using a ball are first introduced and then followed by progressive drills used to implement these attack patterns. Two hitter combinations, slides and free ball plays are then presented. Key focus throughout is footwork and acceleration. (35 minutes)

Systems for Team Offense

Russ Rose, the force behind Penn State's program for over two decades, first goes over some of the two, three, four and five person serve-receive options. He then demonstrates how to get your hitters into various positions from any of these serve-receive patterns. Using both front and back row options, Coach Rose shows how to get the setter into the best position from every rotation. He then describes how to integrate spiker coverage and transition drills. (37 minutes)

Individual Defense: Digging, Pursuit and Recovery

Debbie Brown, Coach of the Fighting Irish, provides an overview of defense through demonstrations and teaching progressions. From basic positioning, she then builds to shoulder and barrel rolls. Focus here is on efficient ways to return quickly to basic defensive position. The conclusion features a sequence of drills ranging from pepper to dig, tip and chase drills. (37 minutes)

Fundamentals of Blocking

Don Shaw, highly regarded Pac-10 coach, takes us through the basic elements of blocking such as hand-positioning, body posture and footwork. Emphasis is placed on the³ footwork employed by the middle blocker when “closing the block.” Drills are presented which focus on efficient footwork patterns and how to face up to the attacker. (35 minutes)

Playing Effective Team Defense

Rita Crockett, an accomplished US National player and current Iowa Hawkeye head coach, demonstrates the fundamentals of digging. She then outlines defensive zones and patterns for effectively covering those zones. The focus of the tape is a series of drills to help your team move better as a unit on defense. (35 minutes)

Ultimate Volleyball Drill Series

15 Drills for Training Transition

Mike Hebert (Minnesota) develops six key transitional elements: defense to offense, base to read, serve-receive to attack, serve to base, coverage to attack, and chaos to order. Specific drills are presented for each element. Golden Gopher players demonstrate the essential footwork and movement patterns necessary. Excellent camera angles of court positioning for all six positions. (39 minutes)

Competitive Wash Drills

The veteran Russ Rose places emphasis on the team-oriented nature of the sport through a series of very demanding drills. Teams play a series of two-ball rallies with the stress on focus and all out effort on every point. Handicapping is allowed to increase the performance level of your best players. The “wash scoring system” forces maximum team effort on every play. Many of the drills allow starters and reserves to switch roles. Physical conditioning is always a focal point for Coach Rose, so your players must be in good shape. (40 minutes)

Ultimate Setting Drills

Coach Jim Stone (Ohio State) shows what it takes to train consistency in a setter. Nearly 30 drills from footwork patterns to technical elements are carefully explained. Of special note are the sections dealing with jump setting and tipping. The presentation on hand placement is also valuable. Most of the drills can be done with 2-4 players. Progressions are simple enough that players will be able to monitor their own development. Note: some of the advanced material is probably a bit too sophisticated for high school setters. (51 minutes)

Drills for Training the Attack

Tom Keating (Wahlert HS, Dubuque, Iowa) covers six areas of the attack: hitting techniques, free-ball transition attack, side out attack, block transition attack, dig transition attack, and overpass attack. Excellent progressions performed by high school athletes (albeit at a high level). Movement patterns are stressed throughout, with special emphasis on the middle hitter. Terrific slow motion shots are used effectively. Many beneficial drills for high schoolers. (53 minutes)

Essential Drills for Blocking

Debbie Brown (Notre Dame) takes us through 18 drills to develop both footwork and technique in blocking. With special emphasis placed on the middle, Brown presents many helpful “cues” which will help players of any level and ability. Highly innovative drills are presented which deal with “reading” and “eye movement.” Her theory of blocker placement is valuable. Also, Brown explains some of the key differences between styles of blocking (commit, stack, etc.) (29 minutes)

Drills for Defense and Passing

More from Russ Rose (Penn State) on two things that make great teams: passing and defense. There are over two dozen drills that maximize the number of touches your players get during an intense practice. The partner drills (the basis of serve receive) are dynamic. Highly competitive in nature, many of these drills could be used effectively as pre-game warm ups. (44 minutes)

25 Ultimate Ball Control Drills

If you are not familiar with John Dunning’s (Stanford) training methods, I highly recommend this tape. The basis for his drills is simple: players can get better on their own. Creative, yet simple, these drills can all be practiced by individuals outside the team setting. Using numerous applications from other sports, Dunning shows how an individual can improve feel for the game at a very young age. A must see, especially for novice coaches or those looking for innovative ways to introduce the sport. (49 minutes)

15 Single Focus Team Drills

In this video Dunning (Stanford) defines his coaching philosophy in terms of the team rather than the individual. As in the previous tape, his drills are easy-to-follow and can be implemented at any level of play. The concept of single focus means that only one element of any drill is the focal point at one time. Applications for all six major skill areas are explained. A coach can readily modify the degree of difficulty. (45 minutes)

Drills and Games for Championship Volleyball

This general purpose video takes you through the six major skill areas in the sport. Coach Moore (Texas) makes good use of his Longhorn players as he goes through a series of individual and team drills. Many practice applications along with an overview of basic technical elements. Some of his serve and defensive drills are worthwhile in the high school setting (40 minutes)

Brian Gimmillaro's Volleyball Skill Development Series

Passing Skill Development

Video covers body positioning, movement patterns, reflection and elevation angles plus emergency moves. Techniques are deliberately and carefully explained with the use of Long Beach State players. (50 minutes)

Defense Skill Development

A step-by-step process for digging the spike and controlling the tip. Teaches some comfortable ways to deal with floor contact and how to use the body to control the ball. Key body positions are emphasized so that players are able to move efficiently on the court. (50 minutes)

Spiking Skill Development

Covers the key points of spiking effectively including the approach, arm swing, take offs and contacting the ball. Corrections for bad habits are also discussed in each of these areas. Jump quickness training and the mechanics of the armswing (shown in slow motion) are outstanding. (50 minutes)

Serving & Blocking

Includes hand, wrist and arm position, blocking footwork, team blocking and a step by step skill development system. Serving section emphasis highlights the float serve. Elements here are simple and efficient. (50 minutes)

Ball Handling Warm-up & Movement

Demonstrates proper movement techniques and sample ball handling warm-up that includes movements required in many game situations. His "do"s and "don'ts" provide excellent teaching cues. (50 minutes)

Bill Neville's Volleyball Skills Series

This nine-part series (produced by Truckee River Studios) is divided into 60 minute segments dealing with all facets of the game. The current Washington Huskie head coach made this series in the late 1980's when he was coaching at Montana State. Although a bit "dry" and perhaps outdated in parts, Coach Neville informatively walks us through a number of the key technical and strategic elements of the sport.

Serving and Forearm Pass

A detailed breakdown of the mechanics and body positions of these two basic volleyball skills. Step-by-step progressions and drills are provided.

Overhead Pass and Attack

Again, very detailed breakdown of the mechanics involved in teaching these two skills. Does a nice job of differentiating between setting and overhead passing.

Developing the Setter

Basic footwork, arm and hand motions are developed. Neville uses high school age students in this presentation.

Blocking and Back Court Defense

Extensive work on blocking footwork patterns. Excellent demonstrations of the different defensive skills of collapse, sprawl, dive and other emergency techniques. The biomechanic breakdown of these skills is worthwhile.

Tactical Team Drills

Primarily for the college level coach, this tape develops different attack schemes and match tactics. Some interesting wash drills for highly skilled players.

Training for Volleyball

Conditioning drills and plyometric training within the gym setting. Some good examples for pre-season or pre-game warm ups.

Basic Offensive Tactics

Primarily develops the 4-2 and International 4-2 systems. Presents an interesting perspective of how to play a "two person" game.

Advanced Offensive Tactics

Developing a 5-1, 6-2 or swing system (with tactical considerations). Useful serve-receive transitional elements - including playing a "two person" game.

Basic Defensive Tactics

Deals with perimeter defenses and rotational defense. Good on court demonstrations of the varying movement patterns. Neville goes from chalkboard to court so that we can see the practical applications of the red, white and blue defensive systems as well as some "specialized" defensive applications.

Bob Bertucci: Coaches Choice VideosUnderhand Passing Skills and Drills

Presented in an easy-to-understand style, the video offers proven techniques and drills that are appropriate for players at all competitive levels. The Temple University coach takes us through Posture, Forearm Contact, Angle of Platform, Movement, Drills and Coaching Points. (46 minutes)

Spiking Skills and Drills

A detailed overview of this essential and exciting aspect of play. The reigning Atlantic-10 Coach of the Year breaks down this skill into basic units - especially helpful for youth players and beginners. Topics covered include Two-step Approach, Arm Action, Position of Ball and Spiker, Arm Swing, Follow Through and Drills. (30 minutes)

Blocking Skills and Drills

Placing most of his emphasis on visualization techniques, the current Owls mentor shows us the importance of “setting” a proper block. The key elements include Blocking Fundamentals, Ready Position, Watching the spiker, Positioning the spiker and appropriate reinforcing drills. (26 minutes)

Digging Skills and Drills

This has been the key focus to Temple’s success since Bertucci took over the programs in 1995. He walks us through the basics: Digging Fundamentals, Stance, Movement, Emergency Techniques and Drills. (29 minutes)

John Dunning’s “Becoming A Champion” Volleyball Series

Becoming a Champion Setter

This is Dunning’s area of expertise. Part I breaks down the four key phases of setting: (1) position, (2) offensive considerations, (3) setter-team relationship, and (4) mental toughness needed to be a champion setter. Part II is the on-court transformation of these ideas. Dunning’s “single focus” theory is especially applicable to the skill of setting. Hand and body position are the key elements. Part III of the tape deals with detailed drills, many of which can be done individually. Specialized forms of setting (jump setting, off one leg, back setting, one hand setting) conclude the presentation. (63 minutes)

Becoming a Champion: Passing and Serving

Part I deals with the four key elements associated with passing: (1) physical, (2) mental, (3) skill and (4) movement. Focal points are all directed toward the concept of “reflection” of the ball. Body angles and posture are key. In Part II, Serving, Dunning primarily develops the floater serve. Effective wall and lane serving drills are helpful in understanding his “injury prevention” approach to this skill. (53 minutes)

Becoming a Champion: Defense and Blocking

Dunning begins his session on Defense by highlighting some of the key elements he feels are necessary to becoming an outstanding defensive player. These include attitude, relentless pursuit, vision, balance and feel for the game. He breaks down the skills into two arm digging, one arm digging, overhand and sliding. The Blocking segment of this tape shows applications for both tall and short players. As noted earlier, Dunning emphasizes vision as a key component of this skill. (53 minutes)

Becoming a Champion: Hitting

Highly individual instruction in this area with some very unique ideas. Key ideas include vision, ball speed, ball control and attitude. Dunning encourages all hitters to become “students of the game.” The 8-part progressions are at the heart of the drills: (1) Topspin/Ball Control, (2) Placement and Accuracy, (3) Sets and Timing, (4) Landing, (5) Offensive Strategy, (6) Attacking off one-leg, (7) Training for both right and left-handed players and (8) Drills for Hitting Control. (57 minutes)

High Performance Training and Conditioning Series

Stretching, Jumping and Landing

Nebraska's John Cook takes us through a detailed plyometric workout. More than thirty drills starting with functional posture and extending through advanced elements with dynamic hitting and blocking movements. (45 minutes)

Agility and Core Strength

The key to any athlete is core training. Strength and agility are integrated into a high-powered workout. Features include a jump rope routine and core strengthening exercises for power. Cook uses Nebraska athletes as models. (40 minutes)

Quickness, Agility & Explosive Strength Drills for Volleyball

Presented by Cliff Dooman, Ohio State's Strength and Conditioning Coach, the 40+ drills are guaranteed to improve the agility and stamina of your athletes. Drills implementing a medicine ball and ladder are integrated to simultaneously improve quickness, strength and explosive power. Could be modified to accommodate most high school athletes. (30 minutes)

Strength, Power & Flexibility Training for Volleyball

Tim Wakeman, Michigan State's Strength Coach, highlights his principles for strength and flexibility. Mental Toughness is key as he breaks down both in and out of season regimens for volleyball players. (52 minutes)