

# Warm Up Activities

## Group Volley Exchange



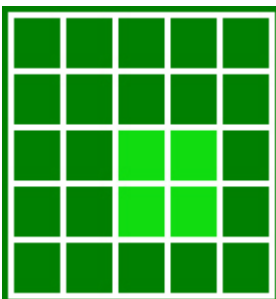
### Coaching Points:

The group volley exchange drill can be performed using the entire team. Players work in an area approximately 20 yards x 20 yards.

Start with one ball. The player with the ball volleys into the air. The ball is allowed to bounce once before the next player volleys it into the air. The idea is to keep the ball and players moving around the grid. Players should focus on "quick feet" and being light on their toes. Players should be constantly alert and communicating with each other. Start by using 1 ball, then add additional balls to increase the tempo of the practice.

### Progressions:

1. Free play - unlimited touches before volleying the ball.
2. Restrict to 2 touch before volleying the ball.
3. Restrict to 1 touch, volley first time.
4. After volleying the ball, the player must sprint around an outside flag pole.



### Organizational Set Up

- Entire Team
- Grid 20 x 20 yards or 18 x 18 metres.
- Supply of balls
- Supply of Cones
- 4 flag poles