

Training 03.06.2026



*By Chiara
Montalenti*

STARTING PART OF THE TRAINING

FIRST PART

1) Mobility (to prepare the body for movement)

2) Movements without a ball: (to Feel the movement)

- Bagher (position)
- Split Step
- Attack
- Last step of the approach and attack
- Block
- Block + Teraband

3) Warm-Up with out ball (runnings)

- Fast feet with cones + 8 movement

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BLOCK TRANSITION

PROGRESSION BLOCK – Transition

Block

- Frontal movement (1 step)
- + 2 -1 step (for responsiveness of the feet and rapid change of direction)
- open-cross-open (internal hand inside fast)



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SwissVolley
RÉGION NEUCHÂTEL

ANALYTICAL PROGRESSION

1° PROGRESSION ANALYTICAL BLOCK WITH LOW NET

- With low net, autothrow the ball (from under the net), jump and catch the ball with invasive hand



ANALYTICAL PROGRESSION

2° PROGRESSION ANALYTICAL BLOCK WITH LOW NET

- In couple (with low net): one person throw the ball near the net, other player catch the ball with invasive hands



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ANALYTICAL PROGRESSION

3° PROGRESSION ANALYTICAL BLOCK WITH LOW NET

- In couple (with low net): one player attack, other player make a block with invasive hands



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SOFTBALL PROGRESSION

1° PROGRESSION BLOCK WITH SOFT BALL 1vs1

- In couple (with normal net): one player attack (with jump), other player block the ball with invasive hands

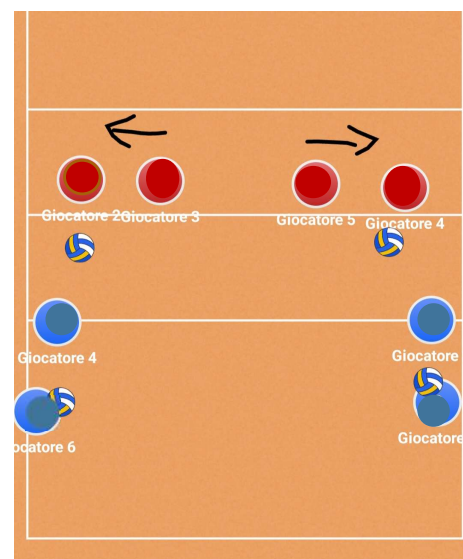


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SOFTBALL PROGRESSION

1° PROGRESSION BLOCK WITH SOFT BALL 1vs2

- With normal net: one player attack (with jump), other 2 player jump and block the ball 2vs1



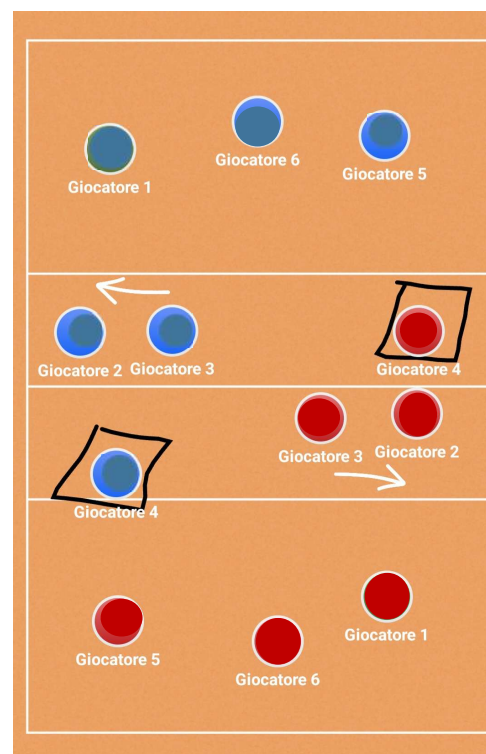
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Exercises Correlation Block and defence

Progression of Block/Defence
Objective of the day: Block and defence in the court

(attack from 4 opponent team)

- 1 touch + set + approach and jump + covering



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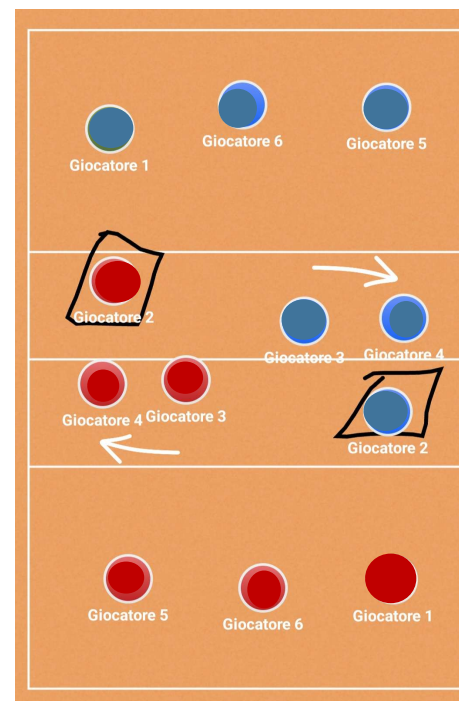
EXERCISES CORRELATION BLOCK AND DEFENCE

OBJECTIVE OF THE DAY : BLOCK AND DEFENCE IN THE COURT

Progression Block/Defence

(attack from 2 opponent team)

- 1 touch + set + approach and jump + covering



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EXERCISES CORRELATION BLOCK AND DEFENCE

OBJECTIVE OF THE DAY : BLOCK AND DEFENCE IN THE COURT

Progression Block/Defence 4 / 3 / 2 (from the plint)

(1 touch + set + approach and jump + covering



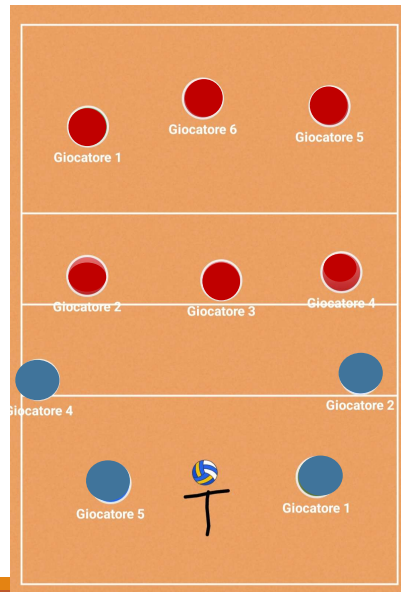
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GLOBAL Exercise

6vs4 Block and defence objective

1- Second Touch Ball for Setter and high ball for attack from 4. Second Touch Ball for Libero and high ball for attack from 2. (the first ball is thrown by the coach)

2- Second Touch Ball for Setter Libero and high ball for attack from 4 or 2(they can choose). (the first ball is thrown by the coach)



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Game exercise

6vs6 with point

- 1) 2° Touch (far from the net) for the setter Equipe A (ball is thrown by the coach)
- 2) 2° Touch (far from the net) for the setter Equipe B (ball is thrown by the coach)
- 3) Freeball to Equipe A
- 4) Freeball to Equipe B



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