USA VOLLEYBALL
COACHING ACCREDITATION PROGRAM
BCAP FAVORITE DRILL

DRILL NAME: 3 pass to attack

DRILL AUTHOR: ___________________________ DRILL CONTRIBUTOR: ___________________________

DIAGRAM KEY:
S = ACTIVE SETTER (S₁, S₂)
P = PASSER (P₁, P₂)
H = HITTER (H₁, H₂)
SV = SERVER (SV₁, SV₂)
D = DIGGER (D₁, D₂)
B = BLOCKER (B₁, B₂)
TA = TARGET (TA₁, TA₂)
TO = TOSSER (TO₁, TO₂)
C = COACH (C₁, C₂)
POA = POINT OF ATTACK
TP = TOUCH POINT (Att Start Pnt)
PATH OF BALL
PATH of TIP
PATH OF PLAYER
Π = PLATFORM
☐ = BOX ☐ = CART

Purpose: Multi-skill emphasis
3 balls are served to passer. Setter 1 runs in to set to target who catches 
next serve. Next serve
is entered and setter 2 sets to target. 3rd ball is served and setter 3 now sets passer and ball becomes live.

Drill Overview: 
Scoring/Measurement: 4' line waiting - you can adjust number of 

Group Size: (expanded info) 
Intensity/Rhythm: as soon as target catches ball next serve is initiated to keep passer rhythm.

Skill Applications: to the game overall skills with emphasis on setting, in just passer or accurate setting.

Variations: of the Drill (any stand-alone versions in the database?) 

Coaching Tips: for running this drill

Cautions: for running this drill (relating to fatigue, rest to work, safety considerations, etc)

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Other info: (for anything not yet addressed)