

USA VOLLEYBALL COACHING ACCREDITATION PROGRAM BCAP FAVORITE DRILL

DRILL NAME: 3 ^{Serve} ~~balls~~ pass to attack

DRILL AUTHOR: _____ **DRILL CONTRIBUTOR:** _____

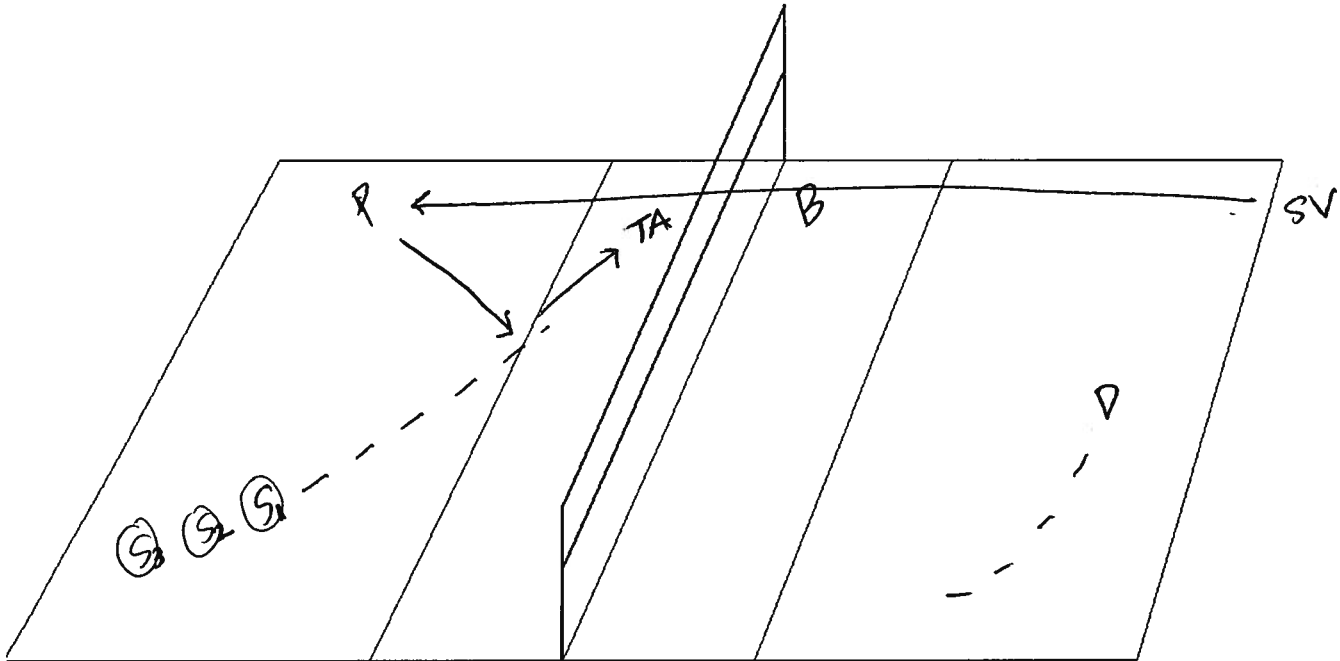


DIAGRAM KEY:

- 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 Pt)
- PATH OF BALL** —————→
- PATH OF TIP** ~~~~~→
- PATH OF PLAYER** - - - - -→
- Π** = PLATFORM
- = BOX = CART

Purpose: multi-skill emphasis
Drill Overview: 3 balls are served to passer. setter 1 runs in to set to target who catches. next serve is entered & setter 2 sets to target. 3rd ball is served and setter 3 now sets passer and ball becomes live.
Scoring/Measurement: for defense on other side to play out.

Group Size: (expanded info) 4+. you can adjust number of setters in line waiting
Intensity/Rhythm: as soon as target catches ball next serve is initiated to keep passer rhythm.

Skill Applications: to the game overall skills with ability to emphasize certain aspects ie just passer or accurate setting

Variations: of the Drill (any stand-alone versions in the database?)
 no defense, vary serve (float, jump, both), area attacker must hit

Coaching Tips: for running this drill

Cautions: for running this drill (relating to fatigue, rest to work, safety considerations, etc) Target must be aware of setter running in, catching balls & getting off quickly enough for passer to hit 3rd ball.
Other info: (for anything not yet addressed)

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