

USA VOLLEYBALL COACHING ACCREDITATION PROGRAM BCAP FAVORITE DRILL

DRILL NAME: BLOCK THEN ATTACK

DRILL AUTHOR: HUY NGUYEN **DRILL CONTRIBUTOR:** _____

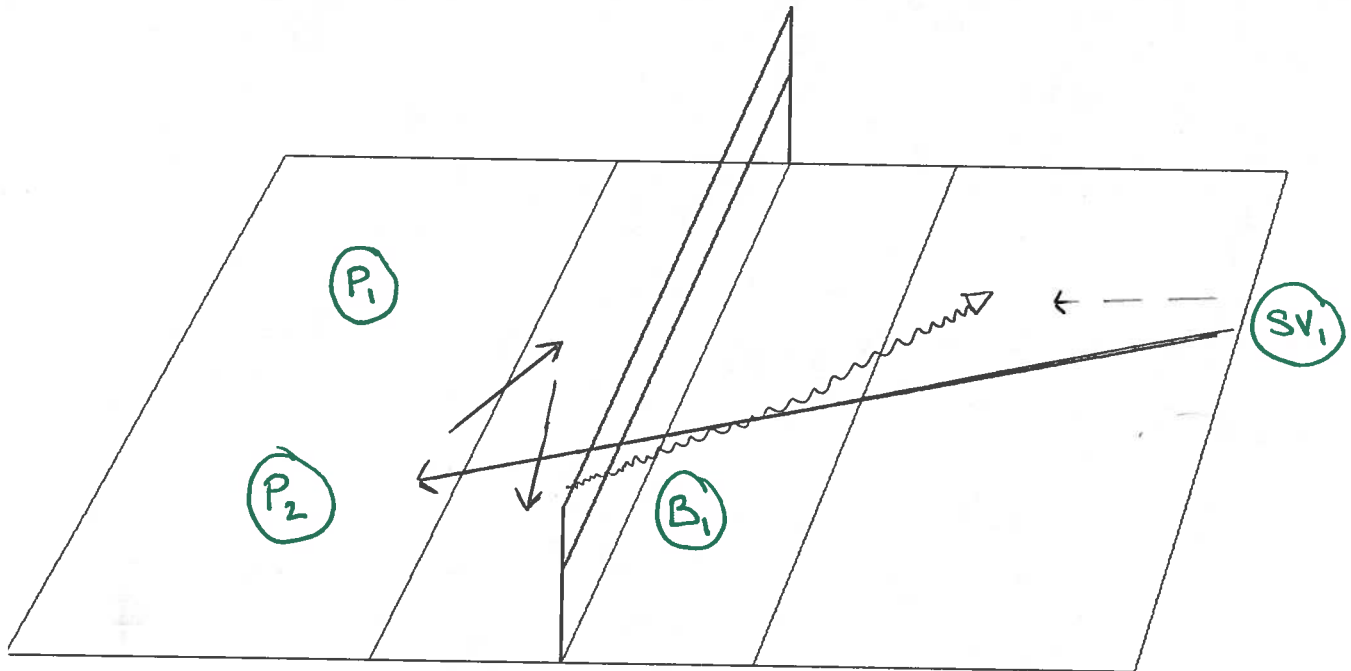


DIAGRAM KEY:

- (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: DRILL IS USED TO TRAIN BLOCKERS TO QUICKLY LOCATE A BALL THAT IS TIPPED OF THE BLOCK AND TO ATTACK

Drill Overview: ① SERVE TO OPPOSING SIDE ② OPPOSING SIDE MUST ROLL SHOT TO DEEP COURT ③ SERVER WILL THEN DIG BALL HIGH TO THE MIDDLE OF THE COURT ④ BLOCKER MUST LOCATE AND ATTACK BALL.

Scoring/Measurement: FORCE OPPONENT OUT OF SYSTEM
3x IN 2 MINUTES

Group Size: (expanded info) DOUBLES WAVE-THRU ON RECEIVING SIDE

Intensity/Rhythm: GAME SPEED

Skill Applications: to the game TRAINING BLOCKERS TO BE AGGRESSIVE WITH A TIPPED BALL

Variations: of the Drill (any stand-alone versions in the database?)
TIP DEEP THEN SHORT

Coaching Tips: for running this drill FOCUS ON BLOCKER
QUICKLY PULLING

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

Other info: (for anything not yet addressed)

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