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 = Toss (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 off 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 winner on receiving side

Intensity/Rhythm: Game Speed

Skill Applications: To the game
- Tipping 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 rolling

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

Other info: (for anything not yet addressed)