

USA VOLLEYBALL COACHING ACCREDITATION PROGRAM BCAP FAVORITE DRILL

DRILL NAME: Butterfly - 13U

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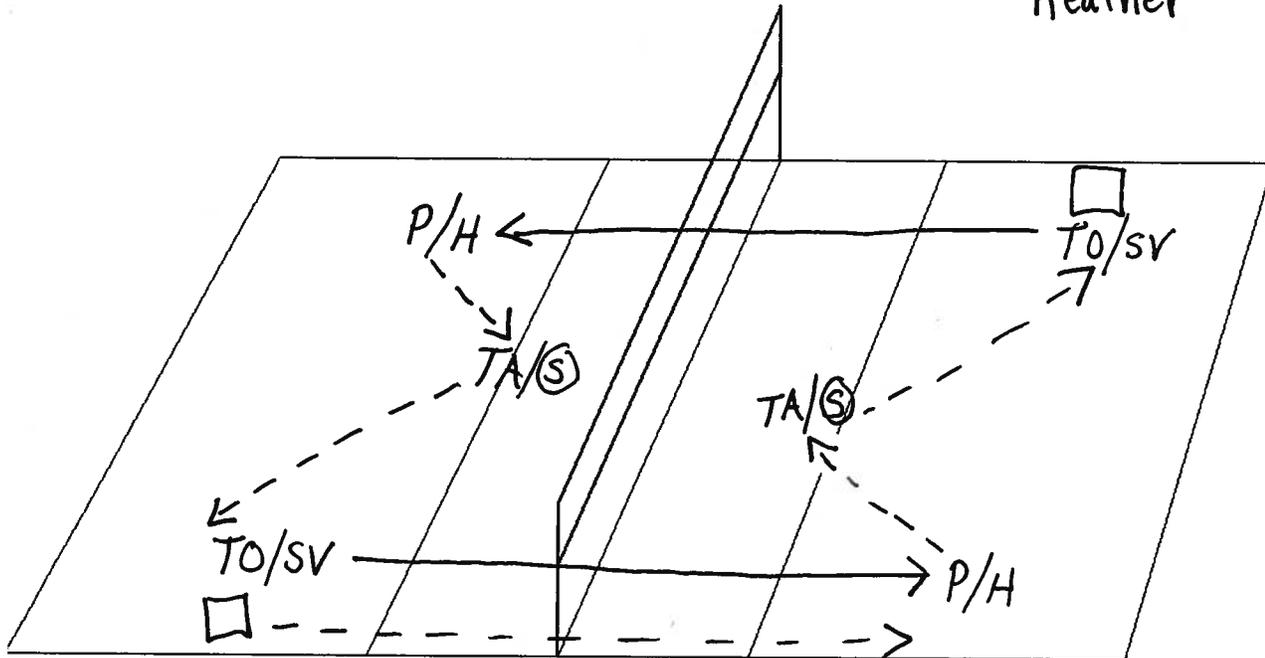


DIAGRAM KEY:

- (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: Warm Up - controlled passing reps.

Drill Overview: Tosser throws ball to passer, passer passes to target, target catches and rotates to right back.

Scoring/Measurement: 20 passes; progress to live serve, then add live setter and passer/hitter attacks.

Group Size: (expanded info) 6-14 players
Coach initiates with small groups.

Intensity/Rhythm: Slow pace with small groups, rapid with large.

Skill Applications: to the game

Throwing and passing consistently. Progression to set and hit.

Variations: of the Drill (any stand-alone versions in the database?)
Add live setter, hitter, and/or server can dig attack. With small groups, passer can catch or set their pass.

Coaching Tips: for running this drill
Controlled toss/serve down the line.

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

Upon fatigue, players rotate in a triangular pattern on their side of court.

Other info: (for anything not yet addressed) For fun, passer can do something silly between their pass and catch. For example, grab sand, etc.

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