USA VOLLEYBALL
COACHING ACCREDITATION PROGRAM
BCAP FAVORITE DRILL

DRILL NAME: Butterfly - 13u
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DIAGRAM KEY:
- = ACTIVE SETTER ($S_1$, $S_2$)
- = PASSER ($P_1$, $P_2$)
- = HITTER ($H_1$, $H_2$)
- = SERVER ($SV_1$, $SV_2$)
- = DIGGER ($D_1$, $D_2$)
- = BLOCKER ($B_1$, $B_3$)
- = TARGET ($TA_1$, $TA_2$)
- = TOSSER ($TO_1$, $TO_2$)
- = COACH ($C_1$, $C_2$)
POA = POINT OF ATTACK
TP = TOUCH POINT (Att Start Pt)
PATH OF BALL
PATH of TIP
PATH of PLAYER
= PLATFORM
= BOX
= CART

Purpose: Warm up - controlled passing reps.

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

Scoring/Measurement: 20 passes; progress to live serve, then add live hitter and setter 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 hitter, setter, 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 small object, etc.