

USA VOLLEYBALL

COACHING ACCREDITATION PROGRAM

BCAP FAVORITE DRILL

DRILL NAME: Dig 2

DRILL AUTHOR: BRIAN HEEFERNAN

DRILL CONTRIBUTOR: _____

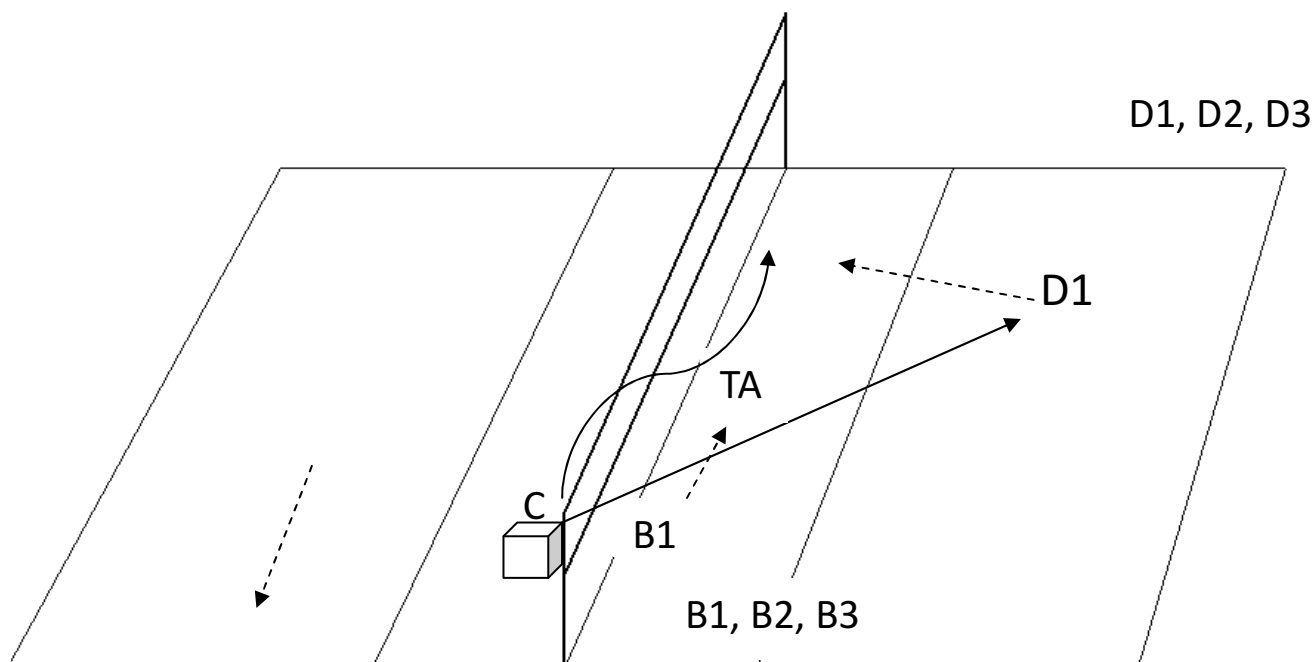


DIAGRAM KEY:

- (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**

Submission of this drill grants USAV-CAP the rights to publish or post the drill or drills for educational purposes. All drills will be attributed to the original author, if known. The contributor of each drill will also be acknowledged.

Purpose: Defenders practice digging a hard driven cross court attack around the blocker and then use crossover footwork to dig a cut shot in the right front.

Drill Overview: Coach attacks the ball at D1 with B1 blocking line. B1 then becomes TA. Coach then tips or tosses ball along the net and D1 must crossover and control second ball up to TA.

Scoring/Measurement: Each D gets ½ point for every controlled dig. Play to 10 points.

Group Size: 4 D and 4 B + Coach

Intensity/Rhythm: Coach controls the rhythm of this drill. Should force D to play hard driven ball and then quickly move to dig cut shot.

Skill Applications: Reading and digging hard driven attack and then using crossover footwork to move and control the cut shot.

Variations: of the Drill: Run drill for digging RB/RF and LB/LF. Have the Blocker set the Digger after the second dig.

Coaching Tips: This drill should force the players to move quickly and apply emergency skills to control the second ball. Find a rhythm that does not allow D to get to all balls and stay on feet.

Cautions:

Other info:

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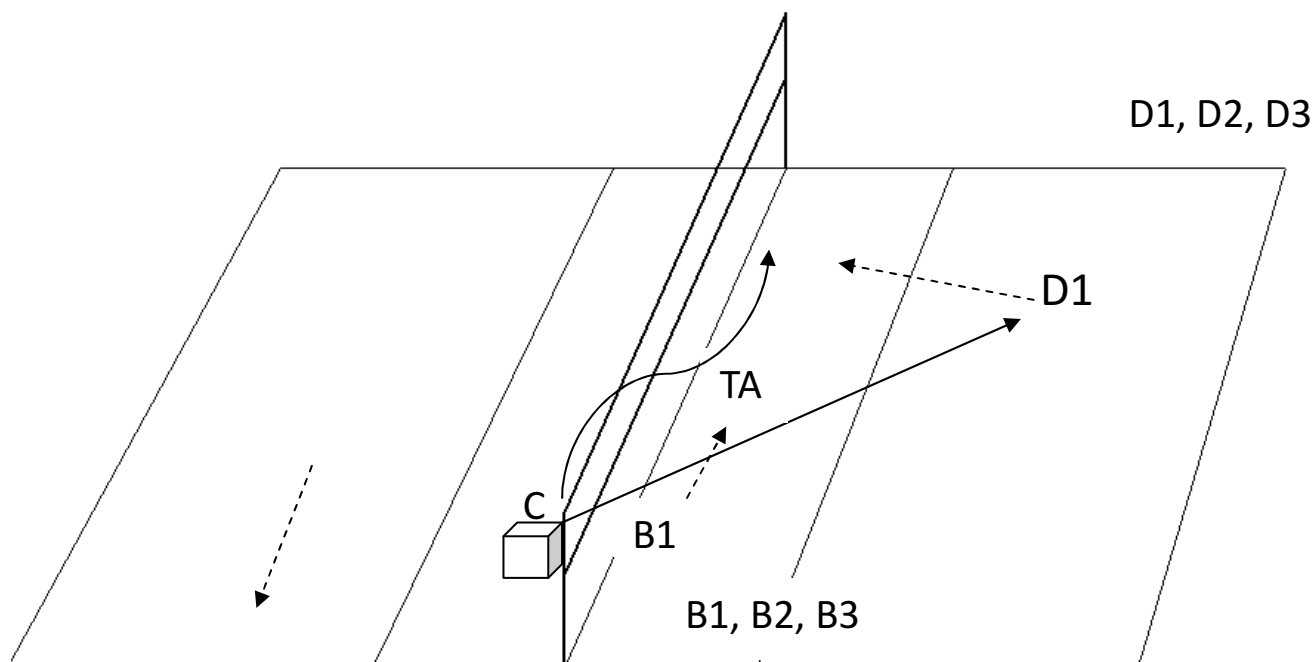


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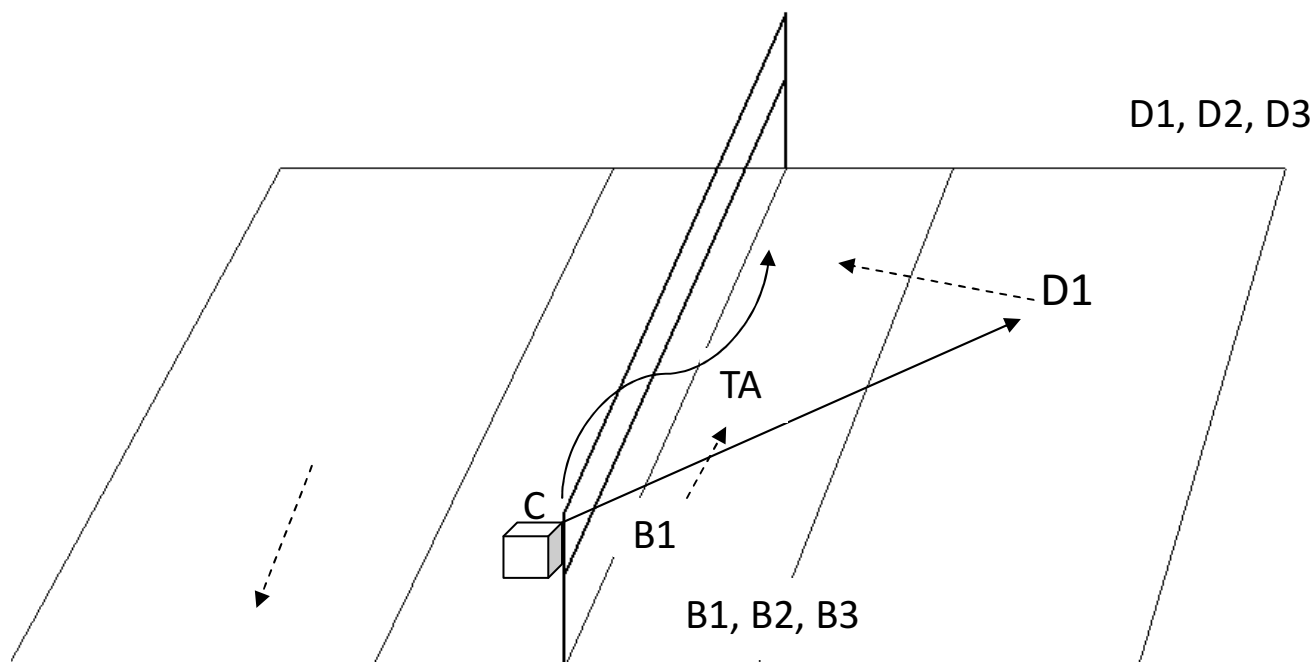


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