USA VOLLEYBALL
COACHING ACCREDITATION PROGRAM
BCAP FAVORITE DRILL

DRILL NAME: Double Triangle
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DIAGRAM KEY:
S = ACTIVE SETTER (S_1, S_2)
P = PASSER (P_1, P_2)
H = HITTER (H_1, H_2)
SV = SERVER (SV_1, SV_2)
D = DIGGER (D_1, D_2)
B = BLOCKER (B_1, B_2)
TA = TARGET (T_A, T_B)
TO = TOSSER (T_O, T_O)
C = COACH (C_1, C_2)
POA = POINT OF ATTACK
TP = TOUCH POINT (Att Start Pt)
PATH OF BALL ———
PATH of TIP ———
PATH OF PLAYER ———
Π = PLATFORM
= BOX
= CART

Purpose: Setter focuses on releasing to P01, squaring to target and setting forward or backward.

Drill Overview:
Continuous drill with one ball. Hitter attacks ball down the line, passer passes to target, setter may set forward or backward to hitter.

Scoring/Measurement: 7-10 good sets and players rotate/switch positions. After 3 good sets, passer may attack live set.

Group Size: (expanded info)
Minimum - 6 Maximum - 12

Intensity/Rhythm:

Skill Applications: to the game
Attacking down the line, passer passing off inside leg to target, setter sets forward or backward.

Variations: of the Drill (any stand-alone versions in the database?)
Remove passer/hitter and have passer hit live set before rotating to end of passing line.

Coaching Tips: for running this drill
For younger/less-experienced players, coach initiates as toss/hitter or have player catch and toss. Have at least 3 setters.

Cautions: for running this drill (relating to fatigue, rest to work, safety considerations, etc)
Avoid on pass, so setters do not fatigue quickly.

Other info: (for anything not yet addressed)