# USA VOLLEYBALL
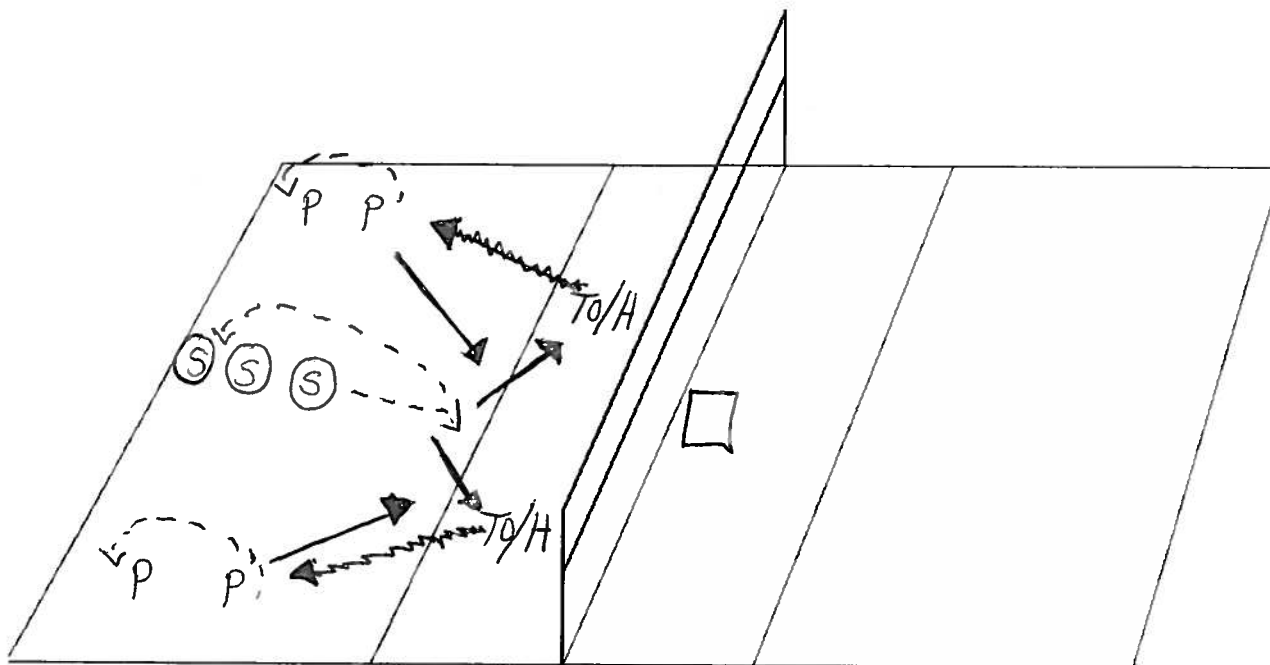## COACHING ACCREDITATION PROGRAM
# BCAP FAVORITE DRILL

**DRILL NAME:** Double triangle

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**DIAGRAM KEY:**

Ⓢ = **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:** Setter focuses on releasing to POH, 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 tosser/hitter and have passer hit live set before rotating to end of passing line.

**Coaching Tips:** for running this drill
For younger/inexperienced players, coach initiates as tosser/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)
Apex on pass, so setters do not fatigue quickly.

**Other info:** (for anything not yet addressed)