

# USA VOLLEYBALL

## COACHING ACCREDITATION PROGRAM

### BCAP I FAVORITE DRILL

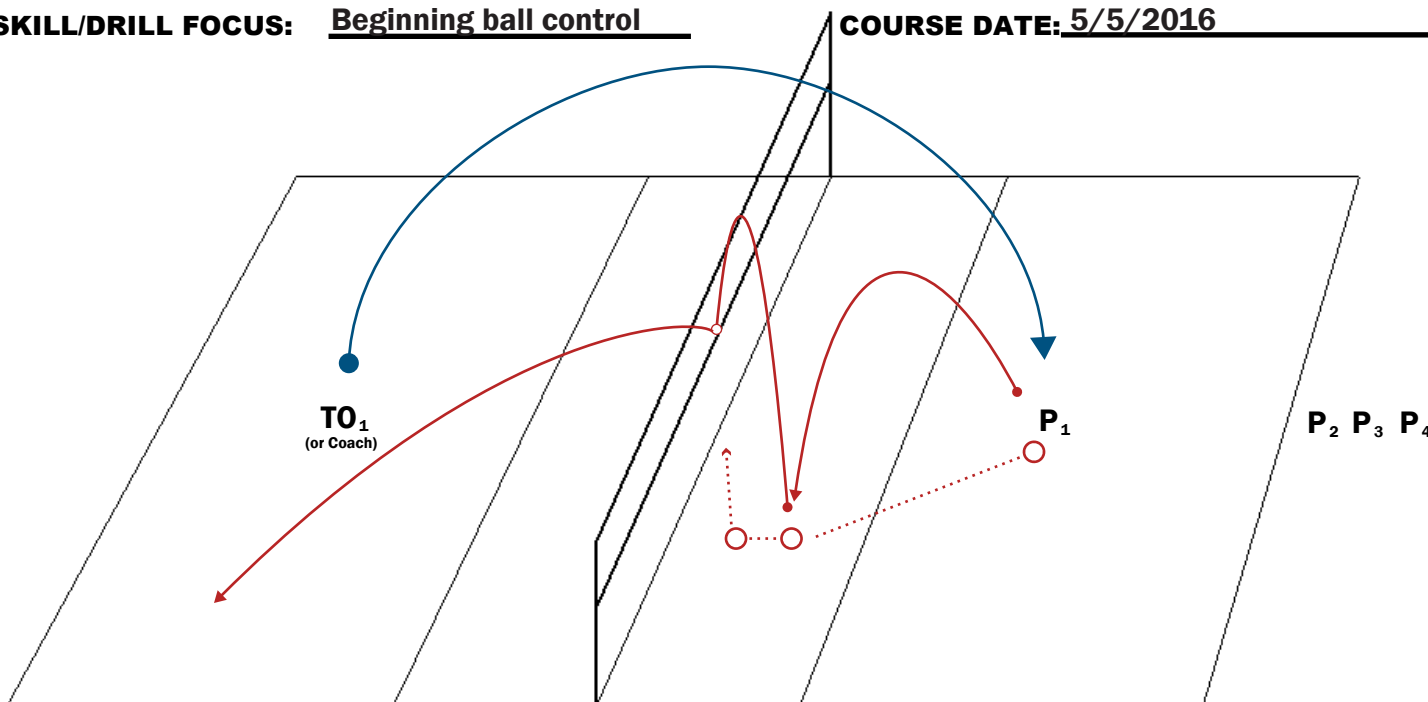
**DRILL NAME:** 500

**YOUR NAME:** Grant Lange

**Original DRILL AUTHOR:** Grant Lange

**SKILL/DRILL FOCUS:** Beginning ball control

**COURSE DATE:** 5/5/2016



**DIAGRAM KEY:**

- (S)** = ACTIVE SETTER (S<sub>1</sub>, S<sub>2</sub>)
- P** = PASSER (P<sub>1</sub>, P<sub>2</sub>)
- H** = HITTER (H<sub>1</sub>, H<sub>2</sub>)
- SV** = SERVER (SV<sub>1</sub>, SV<sub>2</sub>)
- D** = DIGGER (D<sub>1</sub>, D<sub>2</sub>)
- B** = BLOCKER (B<sub>1</sub>, B<sub>2</sub>)
- TA** = TARGET (TA<sub>1</sub>, TA<sub>2</sub>)
- TO** = TOSSER (TO<sub>1</sub>, TO<sub>2</sub>)
- C** = COACH (C<sub>1</sub>, C<sub>2</sub>)
- POA** = POINT OF ATTACK
- TP** = TOUCH POINT (Att Start Pt)
- PATH OF BALL** —————→
- PATH of TIP**        ~~~~~→
- PATH OF PLAYER** - - - - -→
- Π** = PLATFORM
- ▢** = BOX      ▢ = CART

**Purpose: & Overview:**  
 The object of the drill is to be the first player to score 500. The goal is to pass, set, and attack back to the other side of the court.

**Scoring/Measurement:**  
 Pass only = 25 pts    Pass & Set = 50 pts    Pass/Set/Attack = 100pts

**Group Size:** (expanded info)  
 Can be played with 2 or more. Groups of 6 or more should split court lengthwise and run both directions to increase contacts.

**Ball Initiation:**  
 Tosser initiates ball with either a skyball, freeball, or downball to anywhere on the passer's side of the court.

**Intensity/Rhythm:**  
 Great beginner or mixed skill group drill. Coach can give easy balls to low skill players, and hit difficult balls to better players.

**Skill Applications: to the game**  
 Teaches reading/anticipation, defense, & ball control. Teaches players to keep their own score.

**Variations: of the Drill**  
 V1: Players play in pairs. Team scores points, but Individuals count solo points for 500  
 V2: Hit to specific target (back corners) worth 100 points or 1st, 2nd, or 3rd contact

**Coaching Tips: for running this drill**  
 Coaching cue is to have players work on tabletop passing, with defined apex to the pass, and square hips to intended passing target.

**Cautions: for running drill (fatigue, rest to work, safety considerations, etc)**  
 Best if used with small groups to keep players engaged. Larger groups should split and play on half court or another court.

**Other info:** (for anything not yet addressed; use back if necessary)

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