DRILL NAME: 500

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SKILL/DRILL FOCUS: Beginning ball control

COURSE DATE: 5/5/2016

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.

Pass only = 25 pts  
Pass & Set = 50 pts  
Pass/Set/Attack = 100pts

Can be played with 2 or more. Groups of 6 or more should split court lengthwise and run both directions to increase contacts.

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

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

Teaches reading/anticipation, defense, & ball control. Teaches players to keep their own score.

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 cue is to have players work on tabletop passing, with defined apex to the pass, and square hips to intended passing target.

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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