USA VOLLEYBALL
COACHING ACCREDITATION PROGRAM
BCAP FAVORITE DRILL

DRILL NAME: X-Box Competition

Purpose: To work on shot placement.

Drill Overview: The objective of the drill is to hit a ball in each of the opponents boxes marked on the court (see diagram) before they can hit yours. Team completed first wins!!

Scoring/Measurement: The team that can hit balls to all of the opponents boxes first wins.

Group Size: Drill can be run with 4 to 12 players.

Intensity/Rhythm: A competitive fast pace drill.

Skill Applications: Passing, setting and shot placement.

Variations: For lower level players a coach can toss sets or have the partner toss to the hitter.

Coaching Tips: Keep the drill moving by alternating balls to each side at a rapid pace.

Cautions: Players sprinting to other side of court must not interfere with other team while hitting.