

USA VOLLEYBALL

COACHING ACCREDITATION PROGRAM

BCAP FAVORITE DRILL

DRILL NAME: X-Box Competition

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DRILL CONTRIBUTOR: _____

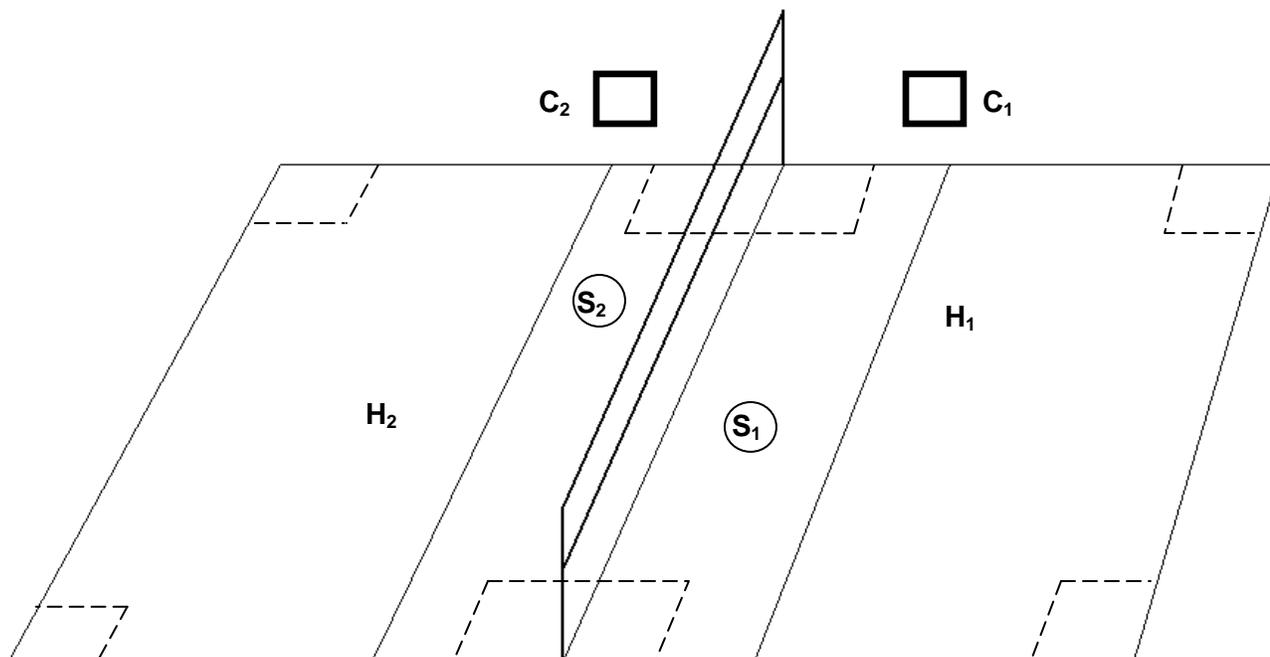


DIAGRAM KEY:

- S** (in a circle) = **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** → (solid arrow)
- PATH OF TIP** → (wavy arrow)
- PATH OF PLAYER** → (dashed arrow)
- Π** = **PLATFORM**
- ▭** = **BOX** **□** = **CART**

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.

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