

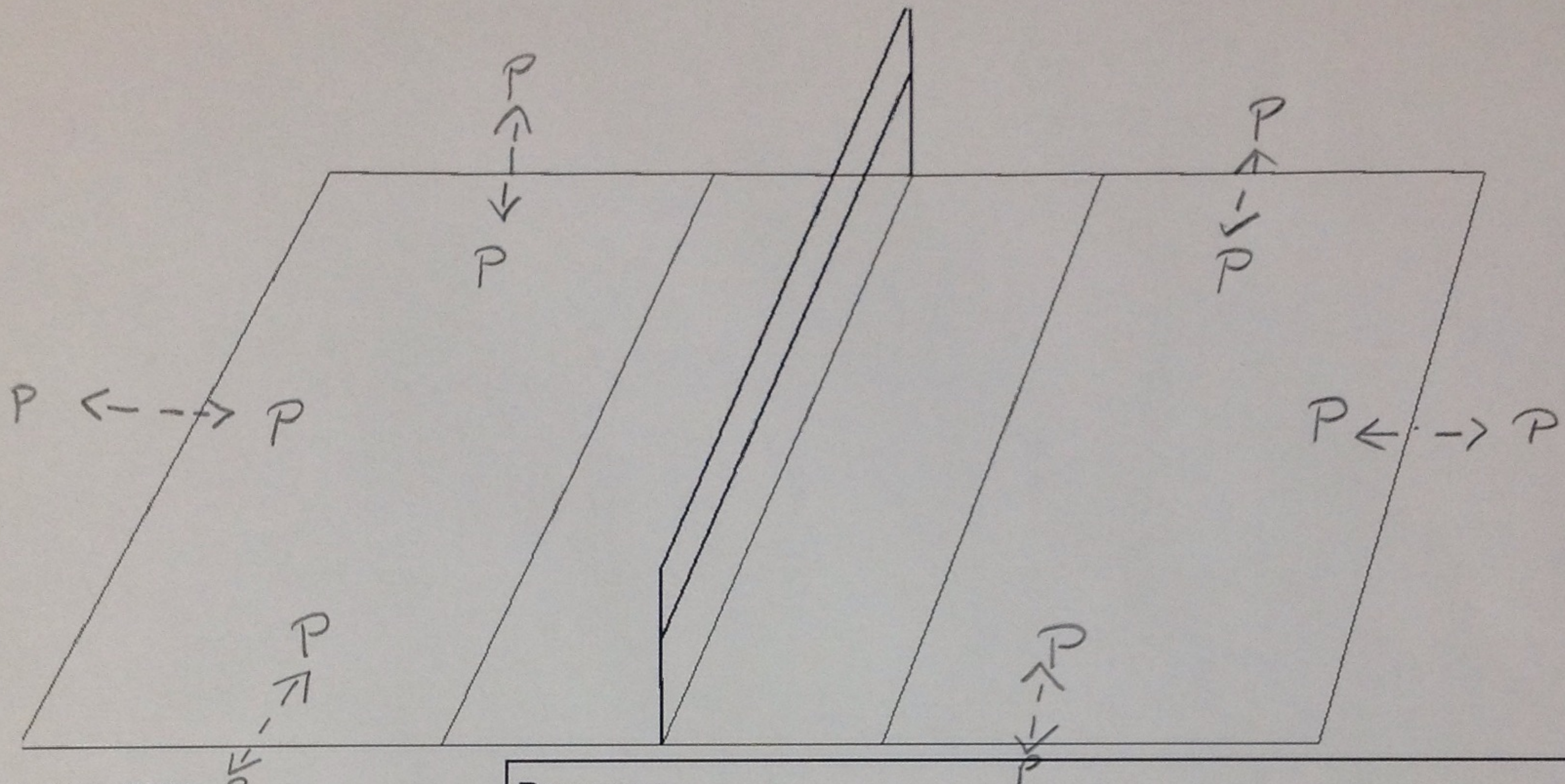
USA VOLLEYBALL COACHING ACCREDITATION PROGRAM CAP I FAVORITE DRILL



DRILL NAME: EXCHANGE

DRILL AUTHOR: GOLD MEDAL SQUARED **DRILL CONTRIBUTOR:** _____

SKILL/SYSTEM FOCUS: SMALL GROUPS **COURSE DATE:** 7/5/2014



- DIAGRAM KEY:**
- S** = 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:
TO CHALLENGE YOUR ATHLETE'S MENTALITY, CONTROL and TEAMWORK

Drill Overview:
ONLY ONE GROUP OF 3 IS ON THE COURT DURING A RALLY, BUT THEY ARE EXCHANGING WHEN A BALL GOES OVER THE NET.

Scoring/Measurement:
REACH A FIXED PERIOD OF TIME, OR CERTAIN NUMBER OF TRIES TO GET IN-A-ROWS. (ONLY COUNTS BALLS HIT OVER BY SWING).

Group Size: (expanded info)
GROUPS OF 3. YOU MAY ADD SETTERS ON BOTH SIDES DEPENDING ON YOUR NUMBERS.

Intensity/Rhythm:
PLAY AS COOPERATIVE.

Skill Applications: to the game
PASS, SET AND HIT WITH CONTROL.

Variations: of the Drill (any stand-alone versions in the database?)
ADD SETTERS OR HITTERS IN CERTAIN POSITIONS.

Coaching Tips: for running this drill
KEEP THE BALL IN THE AIR.

Cautions: for running this drill (relating to fatigue, rest to work, safety considerations, etc)
MAKE SURE EXCHANGES ARE DONE SAFELY. AVOID COLLISIONS.

Other info: (for anything not yet addressed)

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