DRILL NAME: EXCHANGE

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 = TOSER (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
- = 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 HIT IN A-ROWS. (ONLY COUNT 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)