

USA VOLLEYBALL COACHING ACCREDITATION PROGRAM CAP I FAVORITE DRILL



DRILL NAME: Dig-Set-Cover

DRILL AUTHOR: Unknown **DRILL CONTRIBUTOR:** Stephanie Schmidt
SKILL/SYSTEM FOCUS: Ball control, out of system setting **COURSE DATE:** 05/30/15 - 05/31/15

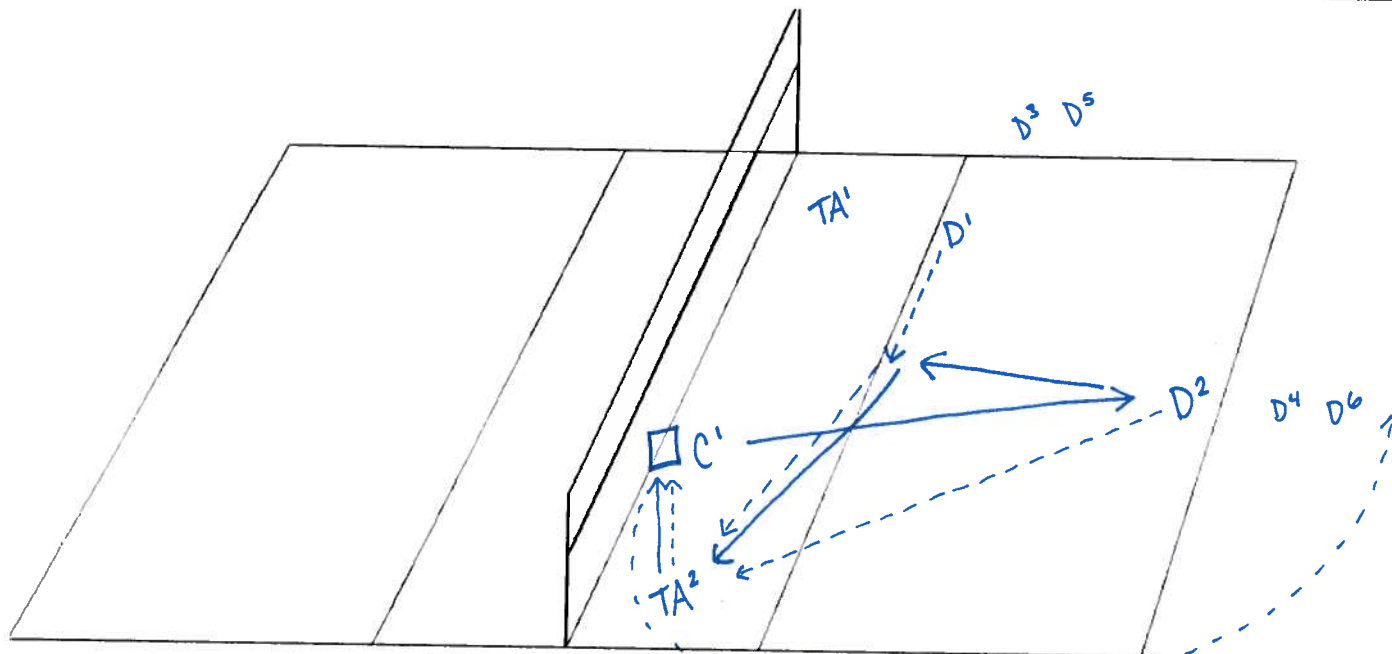


DIAGRAM KEY:

- 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: Can be used for warm-up, basic drill to incorporate individual defensive skill/progressions, or more advanced drill for out-of-system play.

Drill Overview: Coach enters down ball to one of two diggers; passer digs to “well” (center court); non-passer steps up to set smartest option, usually cross-court (i.e. to RF for MB digger, to LF for RB digger); both diggers cover “hitter” (target).

Scoring/Measurement: Up to coach; possibilities: number of good digs or digs in a row, number of attackable sets, number of good dig/set/cover sequences.

Group Size: 6-10 players

Intensity/Rhythm: Up to coach; can be higher intensity for more skilled teams; can be slower tempo to start, especially if used as warm-up. Generally, down ball should be entered as soon as previous ball has been caught by target.

Skill Applications: Controlled digging, communication between overlapping defenders, non-setter taking second ball, out of system decision-making, block coverage

Variations: Diggers in RB/MB or LB/MB; targets can transition, approach and swing

Coaching Tips: Make sure targets (if not attacking) stand at “5x5” – five feet in the court, five feet off the net, to provide helpful target for OOS setter; ensure diggers transition from base to defense/read; ensure players take reps in both digging lines.

Cautions:

Other info: Line of players waiting off court behind each digger, can step in to replace immediately. Digger who sets OOS replaces target, target places ball in cart and joins waiting line.

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