**USA VOLLEYBALL**
**COACHING ACCREDITATION PROGRAM**
**CAP I FAVORITE DRILL**

**DRILL NAME:** Dig-Set-Cover

**DRILL AUTHOR:** Unknown

**SKILL/SYSTEM FOCUS:** Ball control, out of system setting

**DRILL CONTRIBUTOR:** Stephanie Schmidt

**COURSE DATE:** 05/30/15 - 05/31/15

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**DIAGRAM KEY:**
- **S** = ACTIVE SETTER ($S_1, S_2$)
- **P** = PASSER ($P_1, P_2$)
- **H** = HITTER ($H_1, H_2$)
- **SV** = SERVER ($SV_1, SV_2$)
- **D** = DIGGER ($D_1, D_2$)
- **B** = BLOCKER ($B_1, B_2$)
- **TA** = TARGET ($TA_1, TA_2$)
- **TO** = TOSSER ($TO_1, TO_2$)
- **C** = COACH ($C_1, C_2$)
- **POA** = POINT OF ATTACK
- **TP** = TOUCH POINT (Att Start Point)
- **PATH OF BALL** →
- **PATH OF TIP** →
- **PATH OF PLAYER** →
- **P** = PLATFORM
- **= BOX**
- **= CART**

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**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.