USA VOLLEYBALL
COACHING ACCREDITATION PROGRAM
CAP I FAVORITE DRILL

DRILL NAME: Nev's Bill Neville
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DRILL CONTRIBUTOR: 

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 (T₁A₁,T₂A₂)
TO = TOSSER (T₁O₁,T₂O₂)
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 give a game like drill to the athletes but to also give them a chance to focus on certain skills in a game situation and reward them when they execute. Athletes on the Nev's side are trying to earn as many points as possible while focusing on the skills that are worth the most points. They have a limited time frame and the other teams turn. You give positive points for athletes executing what your focus for that practice is (i.e., hitting down line or hitting crosscourt cut shot) +1 win rally, +5 line/cut
10 athletes, 7 on each side

Intensity/Rhythm:
Fast paced. 3 min rounds and then switch to the other side.

Skill Applications: to the game

Variations: of the Drill (any stand-alone versions in the database?):

Coaching Tips: for running this drill

Cautions: for running this drill (relating to fatigue, rest to work, safety considerations, etc)

Other Info: (for anything not yet addressed)