**USA VOLLEYBALL**

**COACHING ACCREDITATION PROGRAM**

**CAP I FAVORITE DRILL**

**DRILL NAME:** 5 on 5 warm up

**DRILL AUTHOR:** Unknown  
**DRILL CONTRIBUTOR:** B. David Noble

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**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

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**Purpose:**
Beginning of practice warm-up

**Drill Overview:** 5 vs. 5, no middle hitter. Players rotate clockwise one position every time they put a ball over the net. Serve (alternated), pass, set, hit, block until rally is over.Timed. Every player does every skill as they rotate. Additional players rotate in; setter off, new server on.

**Scoring/Measurement:**
One point per rally winner for each serve.
Play to x number of points.

**Group Size:** (expanded info)
10 or more. Additional players can rotate in as players rotate off before each serve.

**Intensity/Rhythm:**
High intensity, rapid pace, monitored by the coach

**Skill Applications:** to the game
Each player gets the opportunity to serve, pass, hit, and set multiple times during the course of the drill.

**Variations:** of the Drill (any stand-alone versions in the database?)
Block can be added, middle hitter can be added, serve to specific areas, hit to specific areas.

**Coaching Tips:** for running this drill
Coach picks the players for each side to maximize competitiveness, and monitors the intensity and pacing. Coach can add variations to sustain interest.

**Cautions:** for running this drill (relating to fatigue, rest to work, safety considerations, etc)
Monitor player fatigue levels.

**Other info:** (for anything not yet addressed)