USA VOLLEYBALL
COACHING ACCREDITATION PROGRAM
CAP I FAVORITE DRILL

DRILL NAME: Risk/Reward

DRILL AUTHOIR: UNKNOWN
DRILL CONTRIBUTOR: GREG POST

DIAGRAM KEY:
S = ACTIVE SETTER (S₁S₂)
P = PASSER (P₁P₂)
H = HITTER (H₁H₂)
SV = SERVER (SV₁SV₂)
D = DIGGER (D₁D₂)
B = BLOCKER (B₁B₂)
TA = TARGET (TA₁TA₂)
TO = TOSSER (TO₁TO₂)
C = COACH (C₁C₂)
POA = POINT OF ATTACK
TP = TOUCH POINT (Att Start Pt)
PATH OF BALL ➔
PATH OF TIP ➔
PATH OF PLAYER ➔
Π = PLATFORM

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Purpose:
To have each athlete hit three successful contacts in a row in a specified amount of time off of a serve, pass, set, hit sequence. Athletes hit from their position, libero and passers from back row. Setters from front row failure in the serve, pass, set, and hit sequence returns success when a score is zero, time allotted is for entire team. Each team member has achieved 3 successful contacts in the team’s allotted time. Time allotted may be adjusted by number of athletes participating.

Drill Overview:

Scoring/Measurement:

Group Size: (expanded info)

Intensity/Rhythm:
That the drill is timed and that the outcome is either pass or fail. Posters a sense of urgency, including consequences for failing increases the intensity.

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)

This affords an opportunity for problem solving and leadership.

* All may participate in serving, passing, and setting but the athletes learn monitors time and that the serve, pass, set, to put the most consistent in those positions. All must hit.
* This is a team drill, the team as a whole passes or fails.