

USA VOLLEYBALL

COACHING ACCREDITATION PROGRAM

CAP I FAVORITE DRILL

DRILL NAME: Hawaii Defend & Set

DRILL AUTHOR: Unknown **DRILL CONTRIBUTOR:** Edwin Aguiar

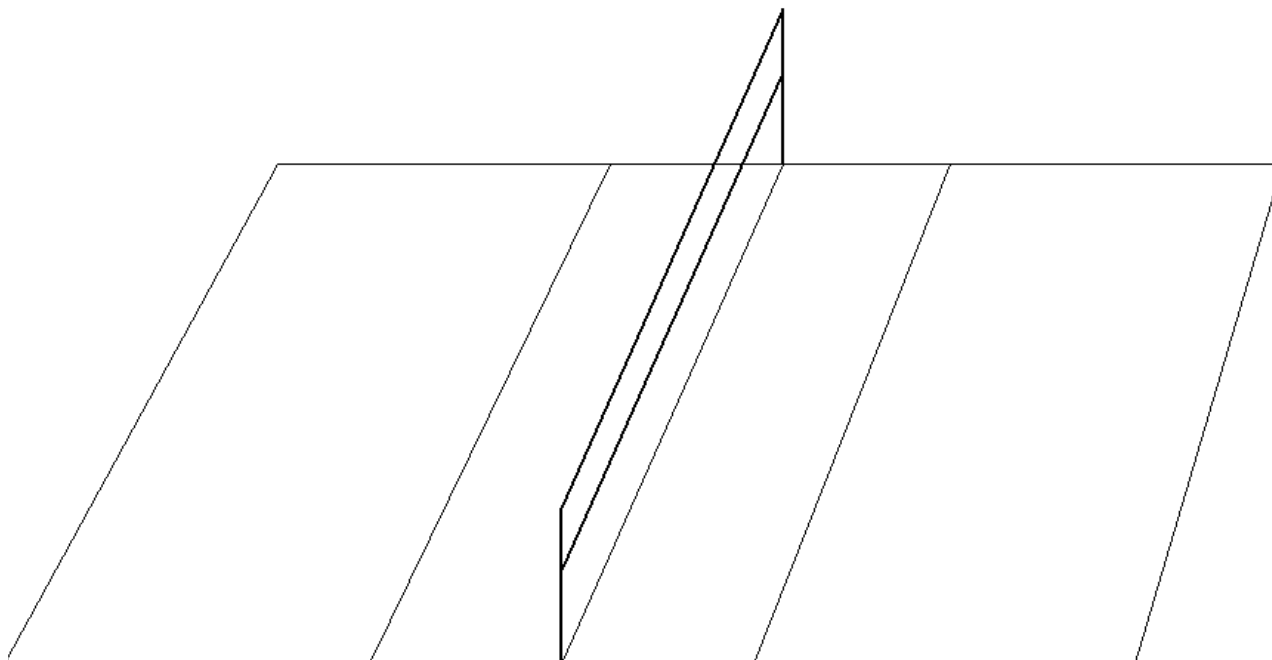


DIAGRAM KEY:

- 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** → (solid arrow)
- PATH OF TIP** → (wavy arrow)
- PATH OF PLAYER** → (dashed arrow)
- Π** = PLATFORM
- ▭** = BOX **□** = CART

Purpose: To assess ball handling and improve defensive & setting consistency. Great drill because players get back to back dig & sets.

Drill Overview: Place non setters in the setters role to improve their skills. Begin by getting the setter to move to the Target from various positions on the court. Practice setter call out. Gets back row to pass

Scoring/Measurement: Score 5 big points by earning consecutive points. with high quality plays. Coaches on right & left front hit to back row who dig to the Target position.

Group Size: (expanded info) Six and rotate all through the six positions Can begin with three BR and Setter, then add 2 hitters, then add blockers.

Intensity/Rhythm: Builds progressions for Setters, back row, and hitters non setters improve setting skills.

Skill Applications: to the game Game related. Builds progressions for back row players and hitters.

Variations: of the Drill (any stand-alone versions in the database?) Move the setter around the court get the feel of body position from different postions.

Coaching Tips: for running this drill Remove the setter anytime during the drill and have the BR defenders bump set to the hitters

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

Other info: (for anything not yet addressed)

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