

USA VOLLEYBALL

COACHING ACCREDITATION PROGRAM

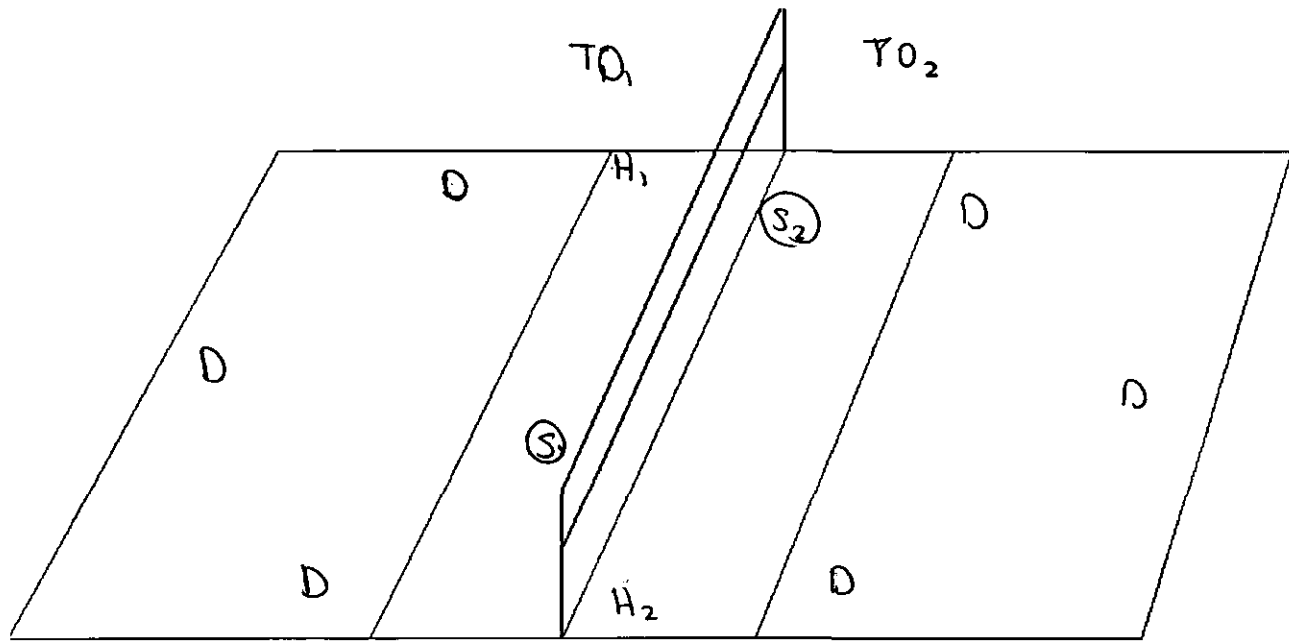
CAP I FAVORITE DRILL



DRILL NAME: Hitter vs. Hitter Tie-tac-toe

DRILL AUTHOR: Unknown **DRILL CONTRIBUTOR:** Grant Rudert

SKILL/SYSTEM FOCUS: Hitting consistency and pressure situations



- 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

Purpose: Develop confidence and competitiveness in hitters

Drill Overview:
To end the drill, one team must win 3 rallies in a row. Balls are entered from tossers: one to left back, ~~ended by the~~ middle back, then right back.

Scoring/Measurement:
Each rally won gets the team one step closer to winning tie-tac-toe. If don't get 3 in a row, other team receives tosses

Group Size: (expanded info)
I like 5 on 5 with setter front row, but blockers could be added

Intensity/Rhythm:
Tosses are free balls, but can be down balls or faster paced attacks.

Skill Applications: to the game
Hitters develop their pressure-hitting ability

Variations: of the Drill (any stand-alone versions in the database?)
I will run this with middles and opposites as well.

Coaching Tips: for running this drill
Watch defenders to see how they play behind their hitters. Info for team chemistry shows itself. Note: I let hitters pick teams.

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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