USA VOLLEYBALL  
COACHING ACCREDITATION PROGRAM  
CAP I FAVORITE DRILL  

DRILL NAME: "Hitter vs. Hitter Tic-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 win the drill, one team must win 3 rallies in a row.  
Hitters attack the balls served by the setters.  
Middle back and right back cover off the middle back.  

Scoring/Measurement:  
Each rally won gets the team one step closer to winning Tic-tac-toe.  
To win, a team must get three in a row.  

Group Size: (expanded info)  
I like 6 on 6 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.  

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

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Other info: (for anything not yet addressed)