**USA VOLLEYBALL**
**COACHING ACCREDITATION PROGRAM**
**CAP II FAVORITE DRILL**

**DRILL NAME:** BS BH - BALL SETTER BALL HITTER

**DRILL AUTHOR:**

**DRILL CONTRIBUTOR:**

**SKILL/SYSTEM FOCUS:** Blocking, Mid, Defense

**DATE:** DEC 21-22, 2013

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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 (At Start Pt)
- PATH OF BALL
- PATH of TIP
- PATH OF PLAYER
- Pi = PLATFORM
- □ = BOX

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**Purpose:** Work on Blocking and Defense Coordination.

**Drill Overview:** Coach will pass back and forth to setter. Coach can hit ball over pass perfect. Pass so it will be a free ball.

**Scoring/Measurement:** Can vary. Defense can score based on blocking, pins or eye movement, communication, etc.

**Group Size:** (expanded info) THREE ON SIX
SIX ON SIX

**Intensity/Rhythm:** Full intensity, game like.

**Skill Applications:** to the game EYEWORK, BLOCKING, DEFENSE

**Variations:** of the Drill (any stand-alone versions in the database?) Can do six on six. Coach step out and let the rally finish.

**Coaching Tips:** for running this drill Emphasize one thing at a time. Give each player one thing to focus on.

**Cautions:** for running this drill (relating to fatigue, rest to work, safety considerations, etc) Go for 3-5 minutes then switch.

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