

USA VOLLEYBALL

COACHING ACCREDITATION PROGRAM

CAP I FAVORITE DRILL

DRILL NAME: _____ Cross Court Pepper _____

DRILL AUTHOR: _____

DRILL CONTRIBUTOR: Iain Bradbury

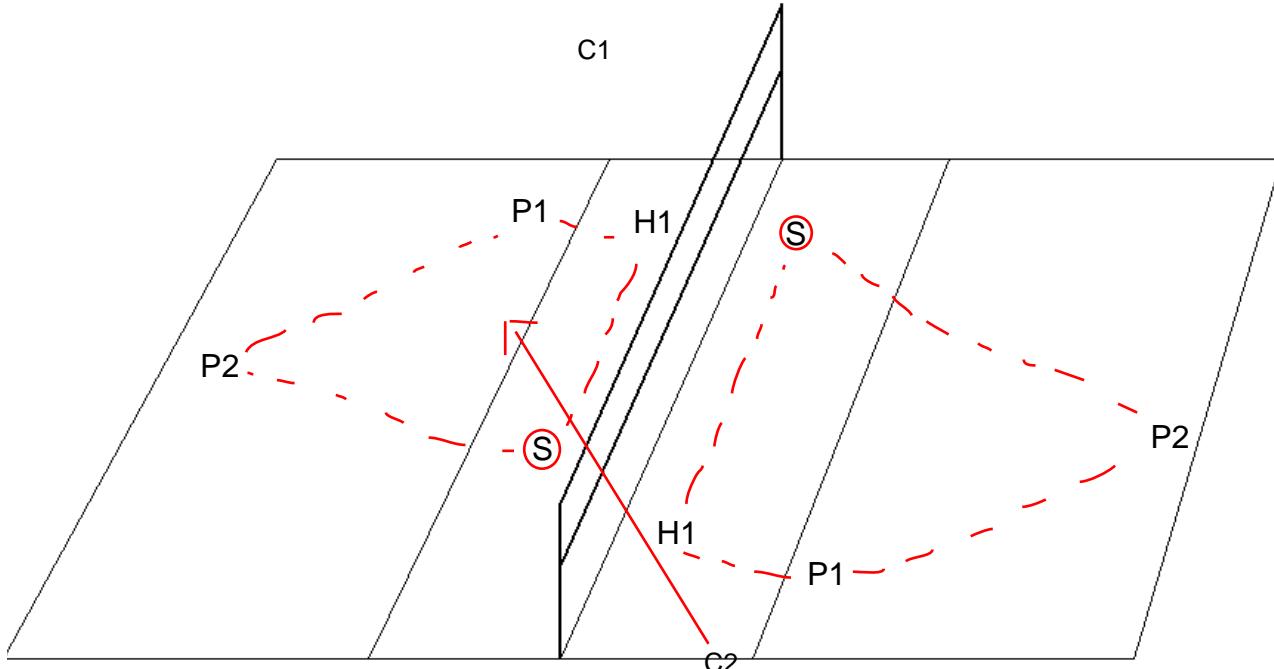


DIAGRAM KEY:

- 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** = TOSSEUR (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

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Purpose: This is played as a warm up activity - ball control

Drill Overview: A coach initiates play with a tossed in ball to either side players play it out cooperatively and rotate every time the ball crosses the net or dies on their side.

Scoring/Measurement: # of times the ball crosses the net

Group Size: (expanded info) 4v4

Intensity/Rhythm: High paced - coaches keep tempo moving with tosses in. We prefer very high paced with little down time.

Skill Applications: to the game This drill is about ball control, playing other positions and playing a ball that is out of system

Variations: of the Drill (any stand-alone versions in the database?) Increase or decrease the number of players, increase or decrease tempo,

Coaching Tips: for running this drill Encourage players to call every ball and talk to one another

Cautions: for running this drill (relating to fatigue, rest to work, safety considerations, etc) If ran at a high intensity level, this drill will create fatigue very quickly

Other info: (for anything not yet addressed) We like to throw the ball in where it dies.