

USA VOLLEYBALL COACHING ACCREDITATION PROGRAM CAP I FAVORITE DRILL

DRILL NAME: Cross Court Pepper

DRILL AUTHOR: _____ **DRILL CONTRIBUTOR:** Iain Bradbury

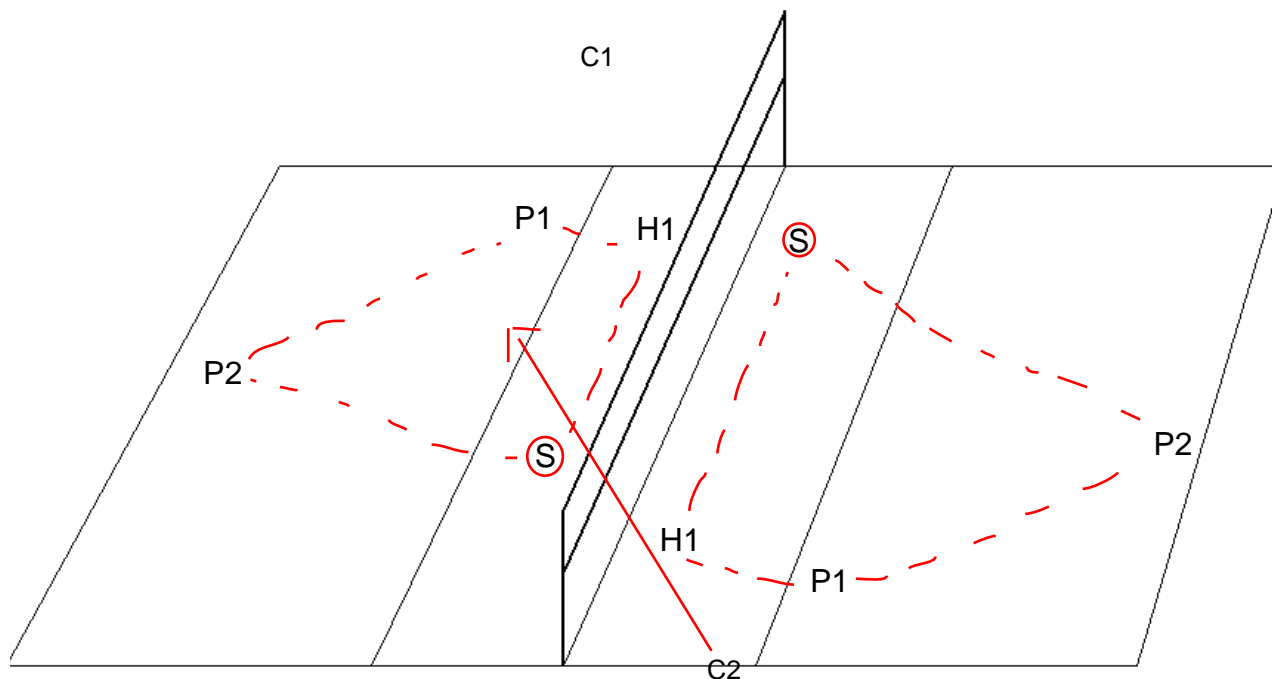


DIAGRAM KEY:

- (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** = **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: 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.

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