

# USA VOLLEYBALL

## COACHING ACCREDITATION PROGRAM

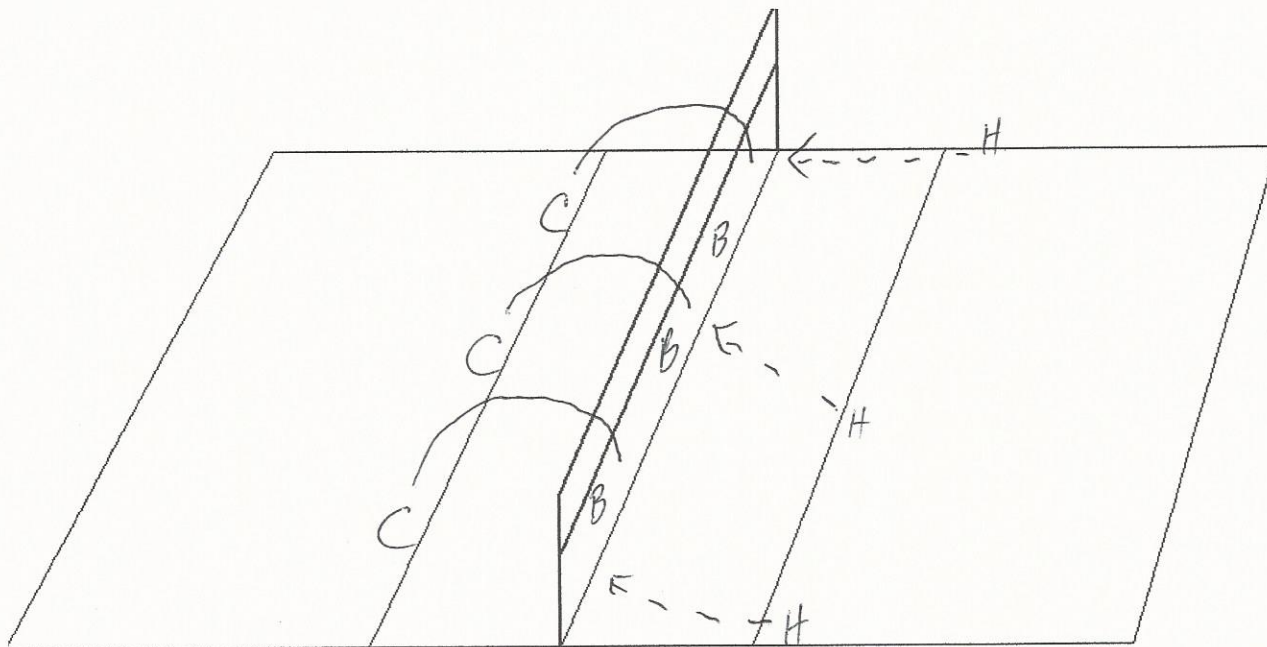
# CAP II FAVORITE DRILL



**DRILL NAME:** Read the Hitter

**DRILL AUTHOR:** Jason Davis **DRILL CONTRIBUTOR:** \_\_\_\_\_

**SKILL/SYSTEM FOCUS:** Blocking **COURSE DATE:** 12/13/13



**DIAGRAM KEY:**

- (S)** = ACTIVE SETTER (S<sub>1</sub>, S<sub>2</sub>)
- P** = PASSER (P<sub>1</sub>, P<sub>2</sub>)
- H** = HITTER (H<sub>1</sub>, H<sub>2</sub>)
- SV** = SERVER (SV<sub>1</sub>, SV<sub>2</sub>)
- D** = DIGGER (D<sub>1</sub>, D<sub>2</sub>)
- B** = BLOCKER (B<sub>1</sub>, B<sub>2</sub>)
- TA** = TARGET (TA<sub>1</sub>, TA<sub>2</sub>)
- TO** = TOSSER (TO<sub>1</sub>, TO<sub>2</sub>)
- C** = COACH (C<sub>1</sub>, C<sub>2</sub>)
- POA** = POINT OF ATTACK
- TP** = TOUCH POINT (Att Start Pt)
- PATH OF BALL** → (solid arrow)
- PATH OF TIP** → (wavy arrow)
- PATH OF PLAYER** → (dashed arrow)
- Π** = PLATFORM
- ▭** = BOX    **□** = CART

**Purpose:** To get blockers to read hitters.

**Drill Overview:** coach/player tosses a ball to the net. The blocker has their back to the tosser so they have to read the hitter to get a block.

**Scoring/M Measurement:**  
Can run this as a tournament

**Group Size:** (expanded info)  
1 on 1 to 3 on 3

**Intensity/Rhythm:**  
Can run slow with instruction or fast for conditioning

**Skill Applications:** to the game  
Blocking & hitting.

**Variations:** of the Drill (any stand-alone versions in the database?)  
?

**Coaching Tips:** for running this drill  
I usually run this slow to teach eyework then fast for conditioning.

**Cautions:** for running this drill (relating to fatigue, rest to work, safety considerations, etc)  
make sure you hit the ball off the net.

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

Submission of this drill grants USAV-CAP the rights to publish or post the drill or drills for educational purposes. All drills will be attributed to the original author, if known. The contributor of each drill will also be acknowledged.



# COACHES CODE OF ETHICS AND CONDUCT AGREEMENT

NAME: DAVIS JASON E  
LAST FIRST MIDDLE INITIAL

SOCIAL SECURITY NUMBER: XXX-XX-7862

MAILING ADDRESS: 4322 99th St SW

CITY/STATE/ZIP: Mukilteo WA 98275

HOME PHONE: 425-789-1533

WORK PHONE: \_\_\_\_\_

EMAIL ADDRESS: ~~na.hunt~~ northendinferno@gmail.com

MOST RECENT CAP COURSE: \_\_\_\_\_ DATE: 12/13/13

SITE: AVCA - Seattle

REGION NAME: Puget Sound

MEMBER NUMBER: PS 1150519 MR 14

TEAM/CLUB: Northend Inferno VBC

MOST RECENT IMPACT COURSE: \_\_\_\_\_ DATE TAKEN: \_\_\_\_\_

PREVIOUS CAP COURSE(circle one):  I  II  III  HOME

12/26/11 Eastern Washington University  
DATE SITE

I have read and understand the USAV/AVCA Coaches Code of Ethics and Conduct and the United State Olympic Committee's Coaching Ethics Code. I agree to abide by the Codes, and I understand that violations may result in full or partial forfeitures of my coaching privileges at sites or events under the USAV, AVCA and USOC governance.

SIGNATURE: [Signature]

DATE: 12/13/13