

USA VOLLEYBALL COACHING ACCREDITATION PROGRAM CAP II FAVORITE DRILL



DRILL NAME: _____

YOUR NAME: Steve Kish **Original DRILL AUTHOR:** Steve Kish
SKILL/SYSTEM FOCUS: Coverage and out of system play **COURSE DATE:** December 12-13, 2015

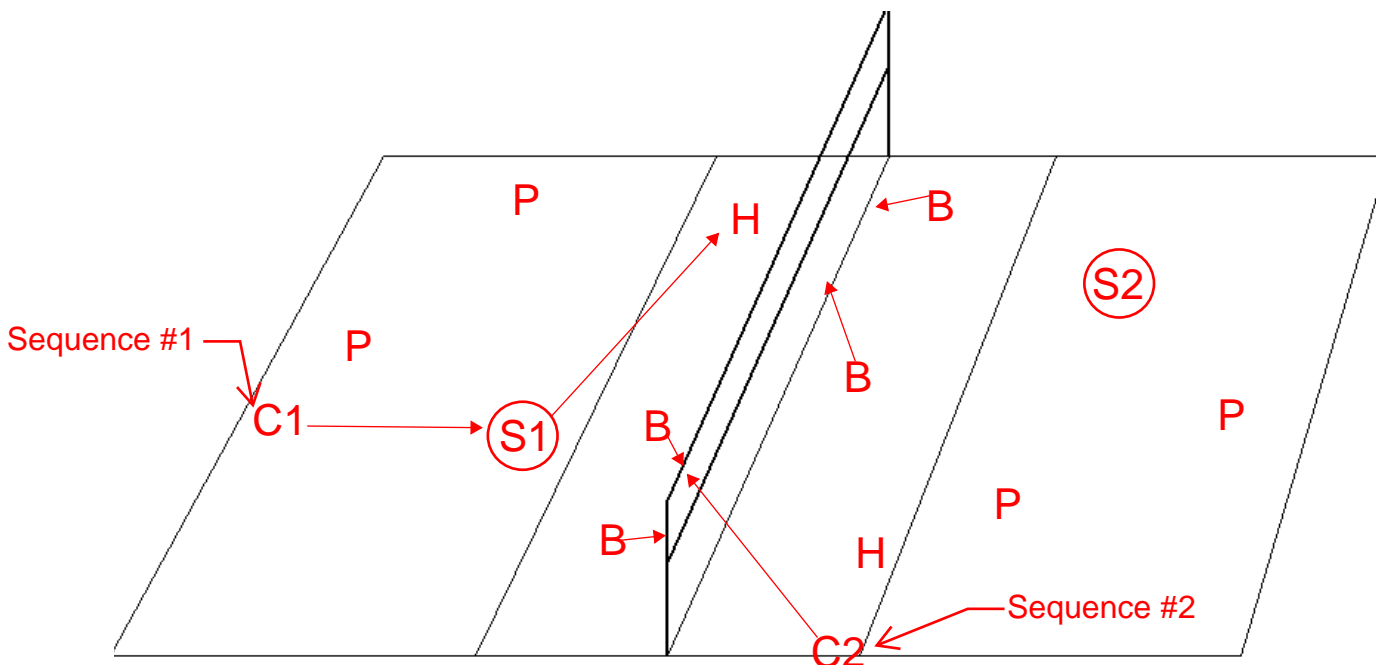


DIAGRAM KEY:

- ⊙ = 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 - - - →
- ▭ = PLATFORM
- ▭ = BOX □ = CART

Purpose: & Overview:
 Purpose is to work on closing and covering the block/attack. Allows for a controlled attacking and blocking sequence.

Scoring/Measurement:
 Measurement is done on time or based on a preset score.

Group Size: (expanded info)
 6 vs. 6 and two coaches/tossers

Ball Initiation:
 Sequence #1: Coach #1 tosses a free ball to setter #1 who sets the outside attack. Opposite side double blocks and the side plays out the ball if the block does not stop the attack. Once the ball is down, the second sequence starts immediately.

~~**Intensity/Rhythm:**~~
 Sequence #2: Coach #2 hits a ball into the double block of the opposite side and the same side team covers and plays it out if it is blocked or the opposite side plays it out if it gets thru the block.

Skill Applications: to the game
 Works on movement to a double block and covering on the attacking side as well as the blocking side. Can be played out until one side gets a certain score or do a time limit.

Variations: of the Drill
 Variation could be to have the block and the attack from both coaches on the same side of the court versus opposite sides.

Coaching Tips: for running this drill
 Keep the tempo moving. Allow for little down time between balls. As soon as a ball hits the ground, launch the next one. Only stop to clear the ball or to address a glaring issue.

Cautions: for running drill (fatigue, rest to work, safety considerations, etc)
 Make sure all loose balls are clear. The tempo is fast passed, game like and players don't always get back into their base defense. Make sure they do this as to not promote them being out of position.

Other info: (for anything not yet addressed; use back if necessary)

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