

USA VOLLEYBALL

COACHING ACCREDITATION PROGRAM

CAP II FAVORITE DRILL



DRILL NAME: MIDDLE VS. MIDDLE

DRILL AUTHOR: UNKNOWN

DRILL CONTRIBUTOR: JIM McSHANE

SKILL/SYSTEM FOCUS: ATTACK + BLOCK

COURSE DATE: AUG 9-10, 2014

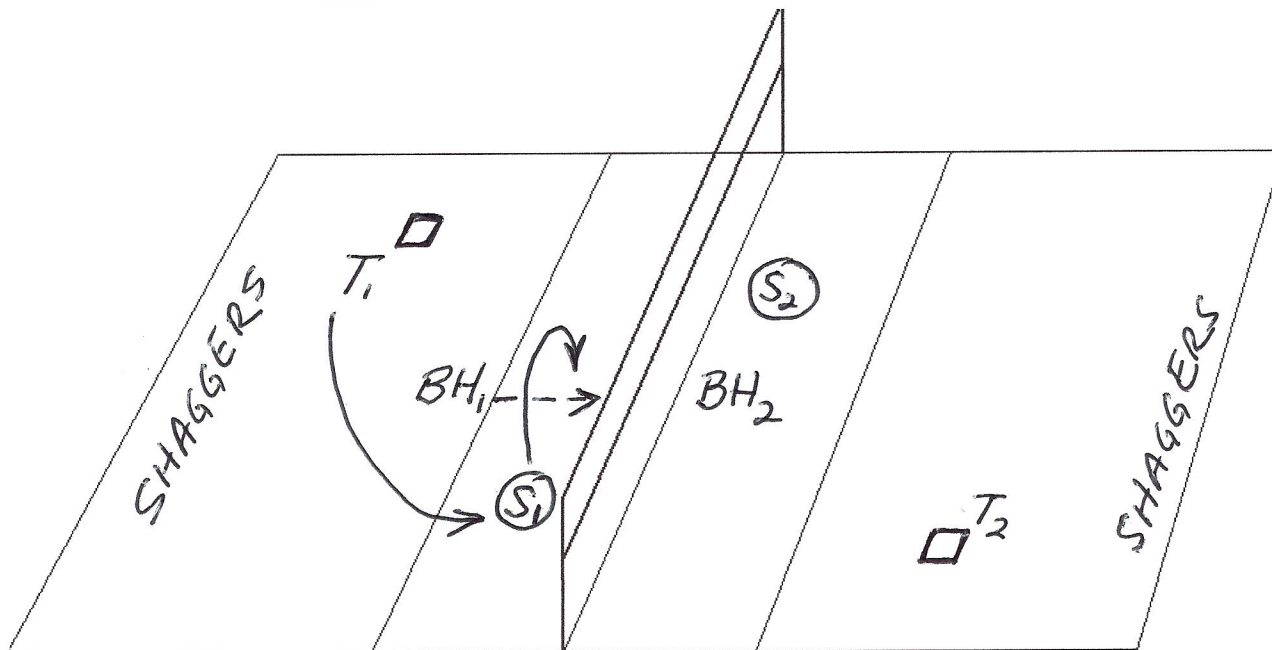


DIAGRAM KEY:

- (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: To APPLY MIDDLE HITTING ATTACKS, TO BLOCK EFFECTIVELY AND TO TRANSITION

Drill Overview: (OVER)

Scoring/Measurement: POINTS MAY BE GIVEN FOR SUCCESSFUL ATTACKS AND BLOCKS

Group Size: (expanded info)

10-12 WORKS WELL

Intensity/Rhythm: HIGH INTENSITY AND QUICK RHYTHM

Skill Applications: to the game MAKING DECISIONS ON TYPES OF ATTACKS AND READING ATTACKERS TO MAKE SUCCESSFUL BLOCKS.

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

INSTEAD OF SHAGGERS, USE DIGGERS AND HAVE THEM COVER THE MIDDLE HITTERS.

Coaching Tips: for running this drill TOSSERS CONTROL INTENSITY OF THIS DRILL. SPEED UP TOSSES SO BLOCKERS REACT INSTINCTIVELY INSTEAD OF THINKING.

Cautions: for running this drill (relating to fatigue, rest to work, safety considerations, etc) SHAGGERS NEED TO QUICKLY REMOVE BLOCKED BALLS FROM THE AREA TO REMOVE TRIPPING HAZARD.

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.