### USA VOLLEYBALL
COACHING ACCREDITATION PROGRAM
CAP II FAVORITE DRILL

**DRILL NAME:** Middle vs. Middle

**DRILL AUTHOR:** Unknown

**SKILL/SYSTEM FOCUS:** Attack + Block

**DRILL CONTRIBUTOR:** Jim McShane

**COURSE DATE:** Aug 9-10, 2014

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**Diagram Key:**

- **S** = Active Setter \((S_1, S_2)\)
- **P** = Passer \((P_1, P_2)\)
- **H** = Hitter \((H_1, H_2)\)
- **SV** = Server \((SV_1, SV_2)\)
- **D** = Digger \((D_1, D_2)\)
- **B** = Blocker \((B_1, B_2)\)
- **TA** = Target \((TA_1, TA_2)\)
- **TO** = Tosser \((TO_1, TO_2)\)
- **C** = Coach \((C_1, C_2)\)
- **POA** = Point of Attack
- **TP** = Touch Point (Att Start Pt)
- **PATH OF BALL**
- **PATH of TIP**
- **PATH OF PLAYER**
- **P** = Platform
- **= BOX**
- **= CART**

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**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?)

**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)

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