USA VOLLEYBALL
COACHING ACCREDITATION PROGRAM
CAP I FAVORITE DRILL

DRILL NAME: Scramble & Recover

DRILL AUTHOR: ___________________________ DRILL CONTRIBUTOR: Juanita Blee
SKILL/SYSTEM FOCUS: ___________________________ COURSE DATE: 1/11/15

DIAGRAM KEY:

S = ACTIVE SETTER (S,S3)
P = PASSER (P1,P3)
H = HITTER (H1,H2)
SV = SERVER (SV,SV2)
D = DIGGER (D1,D3)
B = BLOCKER (B1,B3)
TA = TARGET (TA1,TA3)
TO = TOSSER (TO1,TO3)
C = COACH (C1,C3)
POA = POINT OF ATTACK
TP = TOUCH POINT (Att Start Pt)
PATH OF BALL
PATH OF TIP
PATH OF PLAYER
P = PLATFORM
☐ = BOX ☐ = CART

Purpose: To pick up a bad first pass and take the next 2 balls to be able to still attack and keep ball in rally.

Drill Overview:
- Court is cut in half to minimize the space the players are playing in.

Scoring/Measurement:
- Every three balls, players switch out and new players come in.
- No scoring, measurement is done on successful outcome of recovering the volley any size.

Group Size: (expanded into

Intensity/Rhythm:
- medium - high intensity

Skill Applications: to the game
- Be able to take a broken play and make it into a positive recovery.

Variations: of the Drill (any stand-alone versions in the database?)
- Coach mimics a bad pass, rank play or pass into net.

Coaching Tips: for running this drill
- Second ball up should be placed for final player to be able to attack.
- Balls over should be deep in court (free ball target area).

Cautions: for running this drill (related to fatigue, rest to work, safety considerations, etc.)
- With half court only being used, players are cautioned on no cross-court attacks.

Other Info: (for anything not yet addressed)
- Increase difficulty of first shanked pass as the drill proceeds.
- Types of shanked first passes should vary.

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