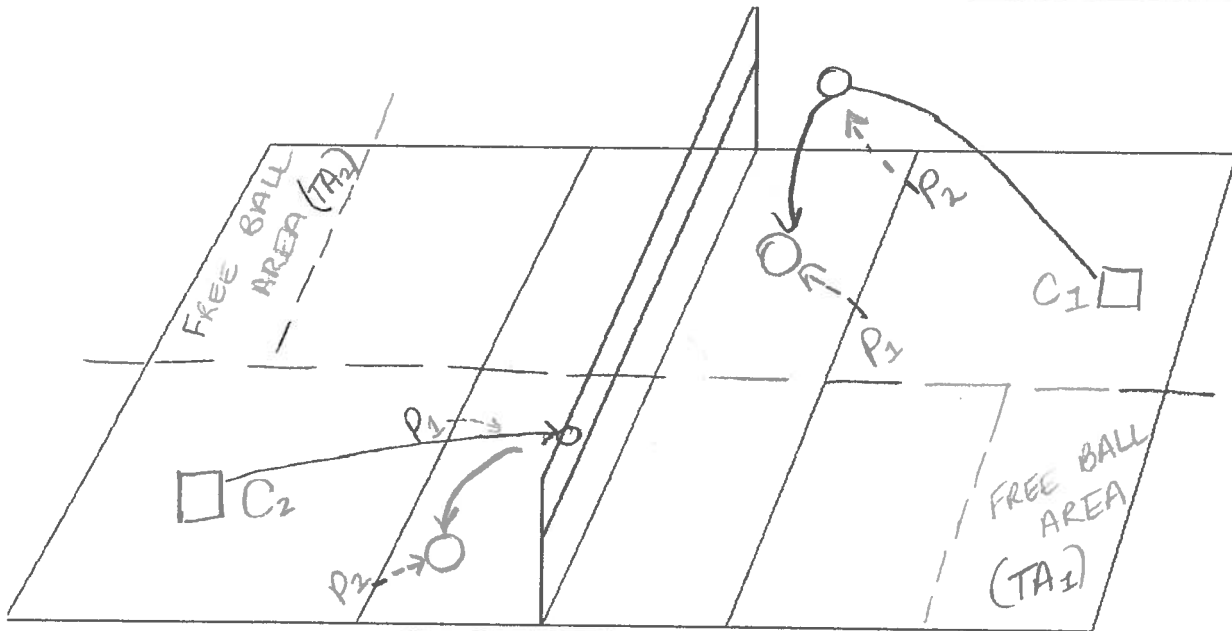


# USA VOLLEYBALL COACHING ACCREDITATION PROGRAM CAP I FAVORITE DRILL



**DRILL NAME:** Scramble & Recover

**DRILL AUTHOR:** \_\_\_\_\_ **DRILL CONTRIBUTOR:** JUANITA BLEE  
**SKILL/SYSTEM FOCUS:** \_\_\_\_\_ **COURSE DATE:** 1.11.15



**DIAGRAM KEY:**

- (S)** = ACTIVE SETTER (S<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

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**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 on. - no scoring, measurement is done on successful outcome in recovering the rally.

**Group Size:** (expanded info) any size

**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 (shank off court 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 the court (Free ball Target Area)

**Cautions:** for running this drill (relating 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