USA VOLLEYBALL
COACHING ACCREDITATION PROGRAM
CAP I FAVORITE DRILL

USAVolleyball
Education

DRILL NAME: TERMINATOR

DRILL AUTHOR: STROK, CHRISTOPHER   **DRILL CONTRIBUTOR:**

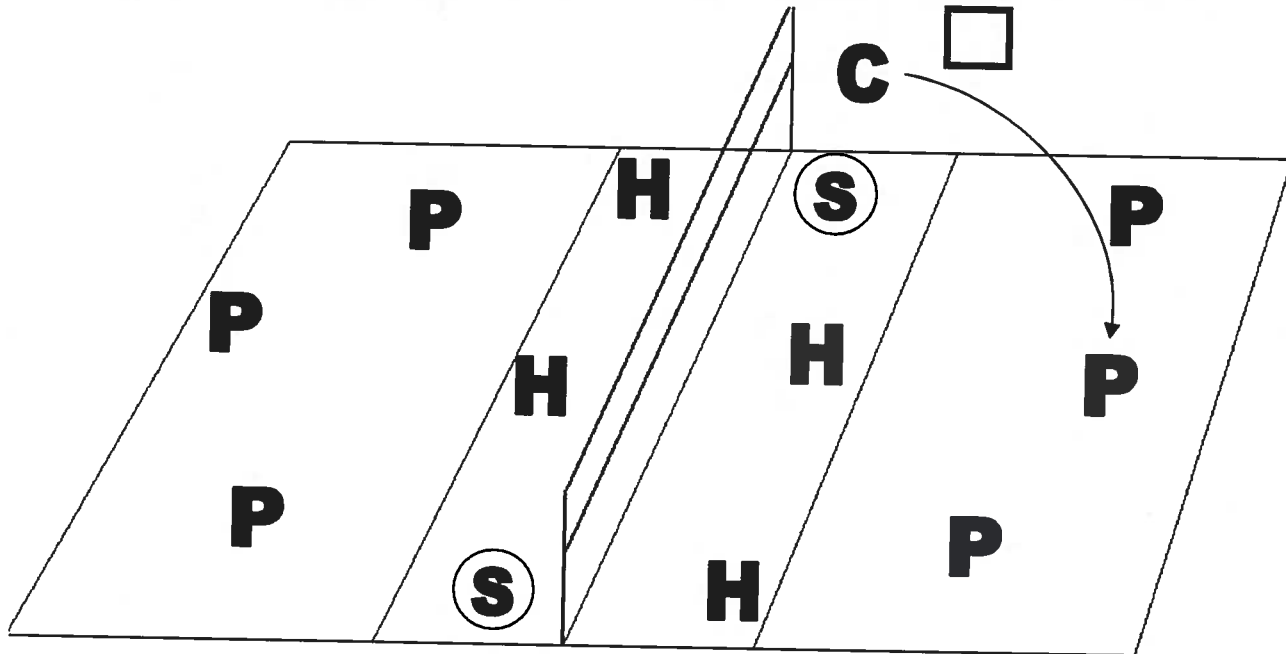**SKILL/SYSTEM FOCUS:** FIRST-CONTACT TERMINATION   **COURSE DATE:** MAY 29-31, 2015

DIAGRAM KEY:

- Ⓢ = **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** – – – ⟶
- **Π** = **PLATFORM**
- ▱ = **BOX**   ☐ = **CART**

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PURPOSE: To increase first team contact kill efficiency.

DRILL OVERVIEW: Both sides begin in receive. Game is initiated with a toss from the Coach and played out until a kill is made. Points are only scored on first-contact attempts but the ball is played out regardless. After a first-contact kill point, the winning team rotates automatically. If the play ends in an error, the team committing the error rotates backwards.

SCORING/MEASUREMENT: The game can be won in two different ways... the first team to complete a full cycle (one point earned in each rotation) **OR** from causing the opposite team to create six errors and rotate backwards through the cycle (ending a play in an error results in rotating backwards one rotation).

GROUP SIZE: *(expanded info):* 12 athletes.

INTENSITY/RHYTHM: Allegro; a quick, game-like tempo.

SKILL APPLICATION *(to the game):* The focus of the game is playing "clean" and operating with high levels of offensive efficiency; playing smart and scoring quickly.

VARIATIONS OF THE DRILL *(any stand-alone versions in the database?):* You can play without the backwards rotations from errors to speed-up the game **OR** you can only allow points to be scored in specific ways (tip, push, etc.), from specific locations (OH, MH, OPP), or by achieving specific criteria in each rotation in order to rotate.

COACHING TIPS: If either side gets "stuck" in a rotation, consider flipping front-to-back.

CAUTIONS *(relating to fatigue, rest to work, safety considerations, etc.):* For lower-level teams, the game could become "boring"; adjust accordingly.

OTHER INFO *(anything not yet addressed?):* N/A