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 = TOSSED (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 = BOX  Cart = CART

Purpose: Works on serve, serve/receive, and hitting ball handling without a setter

Drill Overview: Server will initiate and passers will have to manage to have two passes for the hitter to terminate with a good kill.

Scoring/Measurement: Server will receive a point if the serve is an ACE or the hitter’s attack is out of the court. The receiving side will receive a point if the hitter is able to attack after two passes made by the passer the hit is inside the court.

Group Size: Entire team. Divide team in two equal groups and have 5 players (SV, P₁, P₂, P₃, H) at any given time in the court. Rotate players on either side when losing a point.

Intensity/Rhythm: Medium

Skill Applications: Serving, Passing, Attacking, Communication

Variations: add Blockers on the server side of the court

Coaching Tips: Ensure passers communicate with other passers and passers manage to have two passes before is passed to the Hitter

Cautions: Ensure to have players shagging the balls out of the path of the passers and hitters

Other info: (for anything not yet addressed)