

USA VOLLEYBALL

COACHING ACCREDITATION PROGRAM

CAP II FAVORITE DRILL



DRILL NAME: Server vs. Receivers & Hitters

DRILL AUTHOR: UNKNOWN

DRILL CONTRIBUTOR: Eric Vergara

SKILL/SYSTEM FOCUS: SERVE & SERVE/RECEIVE

COURSE DATE: 9-10 August 2014

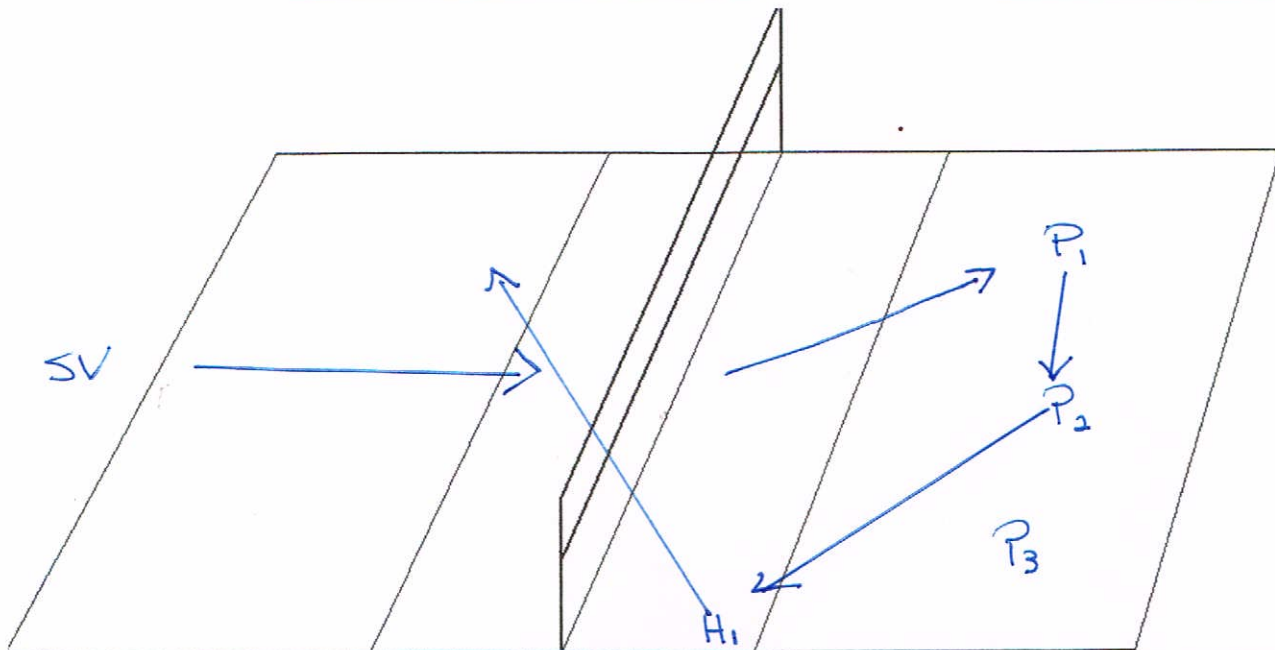


DIAGRAM KEY:

- 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** = TOSSER (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 = 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 passers 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)

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