**BCAP FAVORITE DRILL**

**DRILL NAME:** "Young Buck"

**DRILL AUTHOR:** Deven Bukoski

**DIAGRAM KEY:**
- **S** = 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** = Tisser ($TO_1$, $TO_2$)
- **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**
- **= Platform**
- **= Box**
- **= Cart**

**Diagram:**

- **Purpose:** Work on poking the ball and partner relationship.
- **Drill Overview:** Tisser tosses or serves to passer, then the setter sets to hitter, hitter "pokes" to passer, then setter switch sides.
- **Scoring/Measurement:** Sets up passer for attack as they become the (B) group.
- **Group Size:** (expanded info)
- **Intensity/Rhythm:** Looking for control and good reps; not necessarily for speed.
- **Skill Applications:** to the game
  - Knowing where to pass the ball in relation to your partner.
- **Variations:** of the drill (any stand-alone versions in the database?)
  - Tisser: toss/serve/down ball
  - Passer: poke, swing
  - Hitter: poke, tamahauk, swing
- **Coaching Tips:** for running this drill
  - Make sure everyone understands the rotation and what their job is.
- **Cautions:** for running this drill (relating to fatigue, rest to work, safety considerations, etc)

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**Other info:** (for anything not yet addressed)