

USA VOLLEYBALL COACHING ACCREDITATION PROGRAM BCAP FAVORITE DRILL

DRILL NAME: "Young Buck"

DRILL AUTHOR: Deven Bukoski **DRILL CONTRIBUTOR:** _____

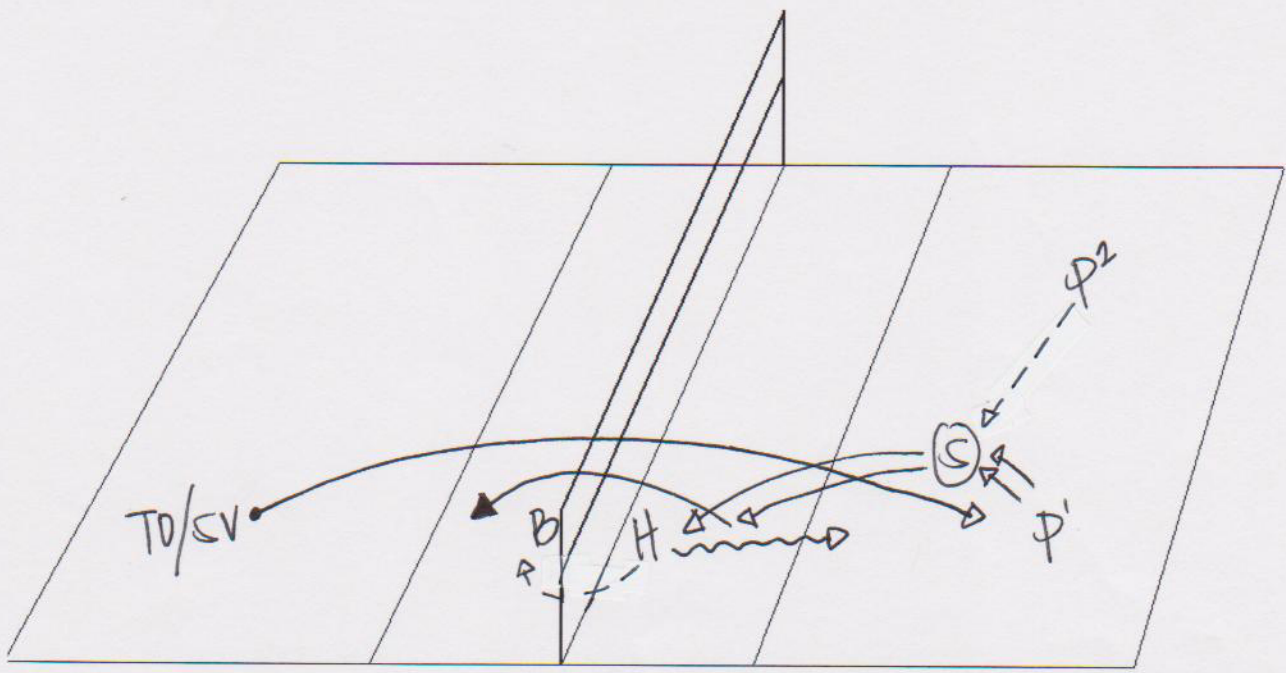


DIAGRAM KEY:

- (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: work on poking the ball and partner relationship.

Drill Overview: Tosses or serves to passer, then the setter sets to hitter, hitter "pokes" to passer, then setter sets up passer for attack as H becomes the P. Rotate after each ball; 5 reps each and switch sides.

Scoring/Measurement: Sets up passer for attack as H becomes the P. Rotate after each ball; 5 reps each and switch sides.

Group Size: (expanded info)
4 people are involved in the drill with a few chagging. You can also have two sides going at once.

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?)
Tosser: toss/serve/down ball. Passer: poke, swing
Hitter: poke, tamahawk, 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)

Other info: (for anything not yet addressed)

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