

USA VOLLEYBALL COACHING ACCREDITATION PROGRAM CAP I FAVORITE DRILL



DRILL NAME: FEED THE BEAST

DRILL CONTRIBUTOR: ASHLEY CORNETT **DRILL AUTHOR: ASHLEY CORNETT** SKILL/SYSTEM FOCUS: TEMPO/SETTING DECISIC COURSE DATE: C7- Keepswe. 04, P MB RS2 OH.

DIAGRAM KEY:

S = ACTIVE SETTER (S₁,S₂)

= PASSER (P1,P2)

= HITTER (H1,H2)

= SERVER (SV1,SV2)

= **DIGGER** (D₁,D₂)

= BLOCKER (B1.B2)

TA = TARGET (TA₁,TA₂)

TO = TOSSER (TO_1, TO_2)

= COACH (C1,C2)

POA = POINT OF ATTACK

TP = TOUCH POINT (Att Start Pt)

PATH OF BALL -

PATH of TIP

PATH OF PLAYER --

= PLATFORM

= BOX

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Purpose: To identify the "hot hitter" and keep momentum by "feeding the beast".

Drill Overview: The drill is a 6v6 format. Coach introduces the ball over the net (mimicking a free ball). Each team plays the ball out until it results in a kill. First side to have a hitter with 7 kills wins the drill.

Scoring/Measurement: Player earns individual points for kills. Player can also earn a point for a solo block. First player to 7 kills/solo blocks wins the drill.

Group Size: 12 players minimum required. Can modify to 10 players (5v5) no middles.

Intensity/Rhythm: Game Tempo

Skill Applications: to the game Defensive movement, blocking, hitting, setting

Variations: of the Drill (any stand-alone versions in the database?)

Coaching Tips: for running this drill Have an assistant coach write on the white board kill number.