

USA VOLLEYBALL

COACHING ACCREDITATION PROGRAM

CAP II FAVORITE DRILL



DRILL NAME: Read the Hitter

DRILL AUTHOR: Jason Davis

DRILL CONTRIBUTOR: _____

SKILL/SYSTEM FOCUS: Blocking

COURSE DATE: 12/13/13

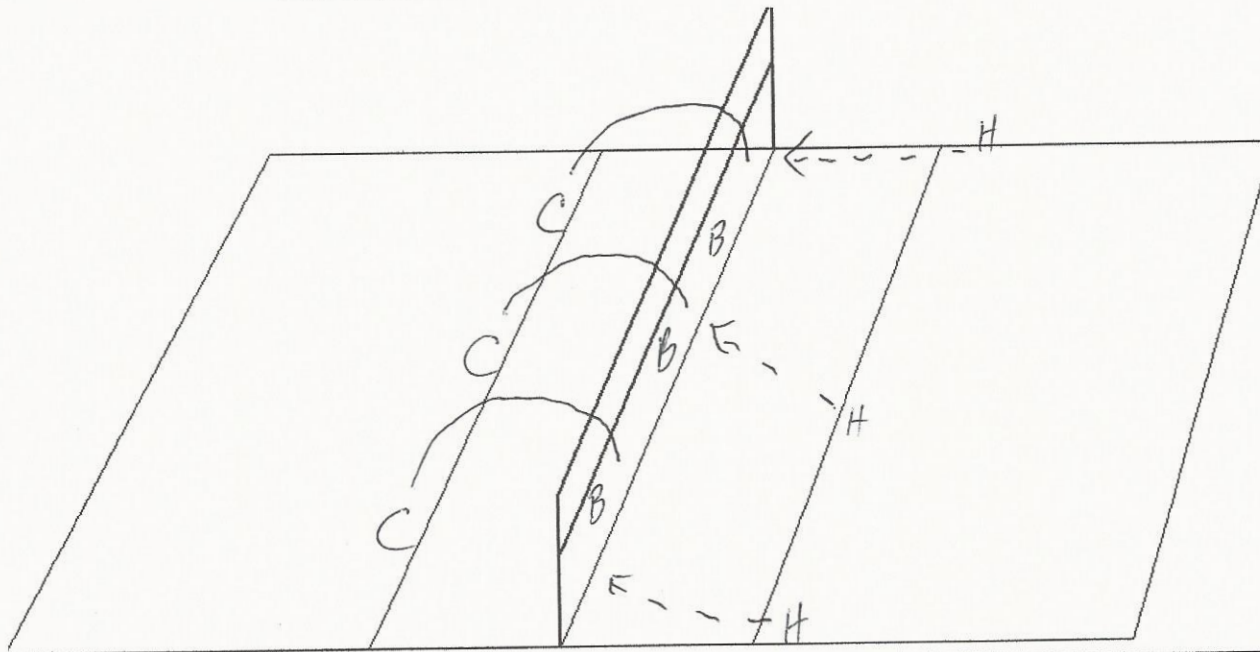


DIAGRAM KEY:

- 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: To get blockers to read hitters.

Drill Overview: coach/player tosses a ball to the net. The blocker has their back to the tosser so they have to read the hitter to get a block.

Scoring/Measurement:
Can run this as a tournament

Group Size: (expanded info)
1 on 1 to 3 on 3

Intensity/Rhythm:
Can run slow with instruction or fast for conditioning

Skill Applications: to the game
Blocking & hitting.

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

Coaching Tips: for running this drill
I usually run this slow to teach eyework then fast for conditioning.

Cautions: for running this drill (relating to fatigue, rest to work, safety considerations, etc)
make sure you hit the ball off the net.

Other info: (for anything not yet addressed)

Submission of this drill grants USAV-CAP the rights to publish or post the drill or drills for educational purposes. All drills will be attributed to the original author, if known. The contributor of each drill will also be acknowledged.