

Gateway

# USA VOLLEYBALL COACHING ACCREDITATION PROGRAM CAP I FAVORITE DRILL



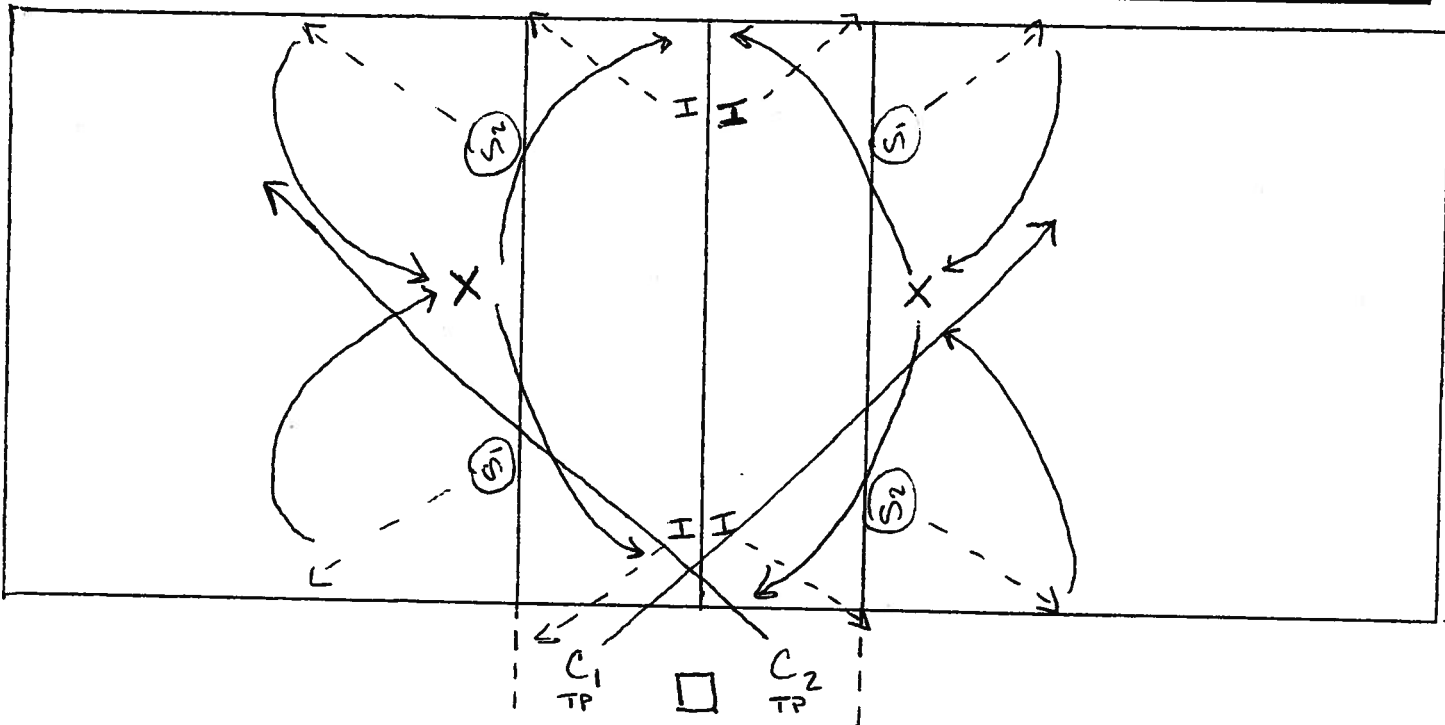
**DRILL NAME: 4 x 4 Out of System (Cooperative or Win Rally)**

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**SKILL/SYSTEM FOCUS: OUT OF SYSTEM SETTING**

**COURSE DATE: 5-30-15**



**DIAGRAM KEY:**

- S** = ACTIVE SETTER (S<sub>1</sub>, S<sub>2</sub>)
- P** = PASSER (P<sub>1</sub>, P<sub>2</sub>)
- H** = HITTER (H<sub>1</sub>, H<sub>2</sub>)
- SV** = SERVER (SV<sub>1</sub>, SV<sub>2</sub>)
- D** = DIGGER (D<sub>1</sub>, D<sub>2</sub>)
- B** = BLOCKER (B<sub>1</sub>, B<sub>2</sub>)
- TA** = TARGET (TA<sub>1</sub>, TA<sub>2</sub>)
- TO** = TOSSER (TO<sub>1</sub>, TO<sub>2</sub>)
- C** = COACH (C<sub>1</sub>, C<sub>2</sub>)
- POA** = POINT OF ATTACK
- TP** = TOUCH POINT (Att Start Pt)
- PATH OF BALL**
- PATH OF TIP**
- PATH OF PLAYER**
- = PLATFORM
- = BOX = CART

**Purpose:** To encourage that all players be ready and willing to set when out of system. Focus on efficient hitter transition and staging, and anticipating when to leave while being the setter.

**Drill Overview:** 4 on each side. Left and Right Back, Left and Right Front. Coach/player initiate down ball or chip to opposite side of net. All release from base to the side ball goes to. If L back receives ball, they pass to the X in the middle of the court (1' behind the middle of 3 meter line) R back sets (Overhead or forearm) to the left side for a front row attack. If R back receives, they pass to the X in the middle of the court and L back sets right side front or back for attack. Alternate who gets the ball based on who won the previous point. Players who are waiting can enter down balls.

**Scoring/Measurement:** This can be cooperative to start, then after X amount of rallies look to terminate. Team that terminates most wins game. Wave players through.

**Group Size:** Use your full team, but only 8 on the court at one time. Wave through by 2 or by 4. Make sure to have back row play front and vice versa.

**Intensity/Rhythm:** Fast pace. Once ball is dead enter new ball to winning side.

**Skill Applications:** Good hitter transition and staging, efficient setting from non-setter positions, and good ball control to opposite side or great ability to terminate in out of system situations.

**Variations:** You can choose to hit or tip to a specific location, tip or hit at your setter in right back, you can enter ball with a serve, you can start play with team on opposite side attacking from a coach/self toss. You can also encourage to set with a good angle to the player in front of setter instead of setting cross court.

**Coaching Tips:** Keep it fast paced, encourage great communication, mix up ball entry, change scoring formats to suit your need or focus.

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