

USA VOLLEYBALL

COACHING ACCREDITATION PROGRAM

BCAP FAVORITE DRILL

DRILL NAME: 5-5-5 Poke - Shot - Swing Drill

DRILL AUTHOR: Eriz McGuiney **DRILL CONTRIBUTOR:** _____

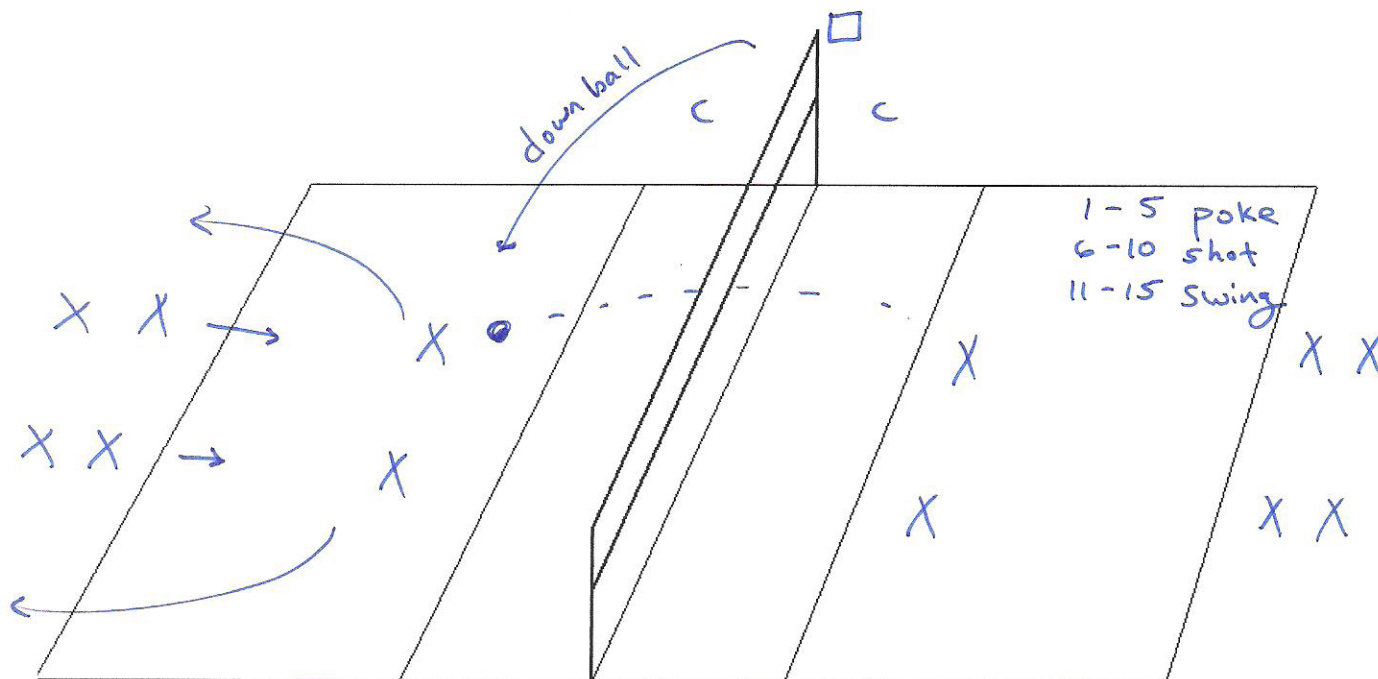


DIAGRAM KEY:

- (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: for players to utilize a variety and shots and swings during live game action

Drill Overview: split players into 2 teams. The game is played to 15. (points 1-5 are only scored using a poke shot/knuckle, points 6-10 must be a roll shot, points 11-15 must be a hard driven swing) Teams of 2 rotate onto the court after a kill or a mistake (when the rally is ended). Coaches chip down balls to the team's side who won the previous rally. Players yell out score.

Scoring/Measurement: see above

Group Size: drill can accommodate 10-12 players who quickly wave in

Intensity/Rhythm: players seem to really get into the unique scoring system and cheer each other on

Skill Applications: set ball tight to the net to utilize poke shot – have crisp shot placement – stay aggressive when you are tired

Variations: change or adjust the scoring system based on skill level or time restrictions – shots can only be line or angle

Coaching Tips: change the pace and location of the down ball to keep the score close - have two coaches initiate balls on each side – stress the importance of good setting

Cautions: make sure players stay off the court until it is their turn

Other info: be loud, smart, and have fun

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