

USA VOLLEYBALL

COACHING ACCREDITATION PROGRAM

BCAP FAVORITE DRILL

DRILL NAME: Defensive Digging

DRILL AUTHOR: _____ **DRILL CONTRIBUTOR:** Michael Del Homme

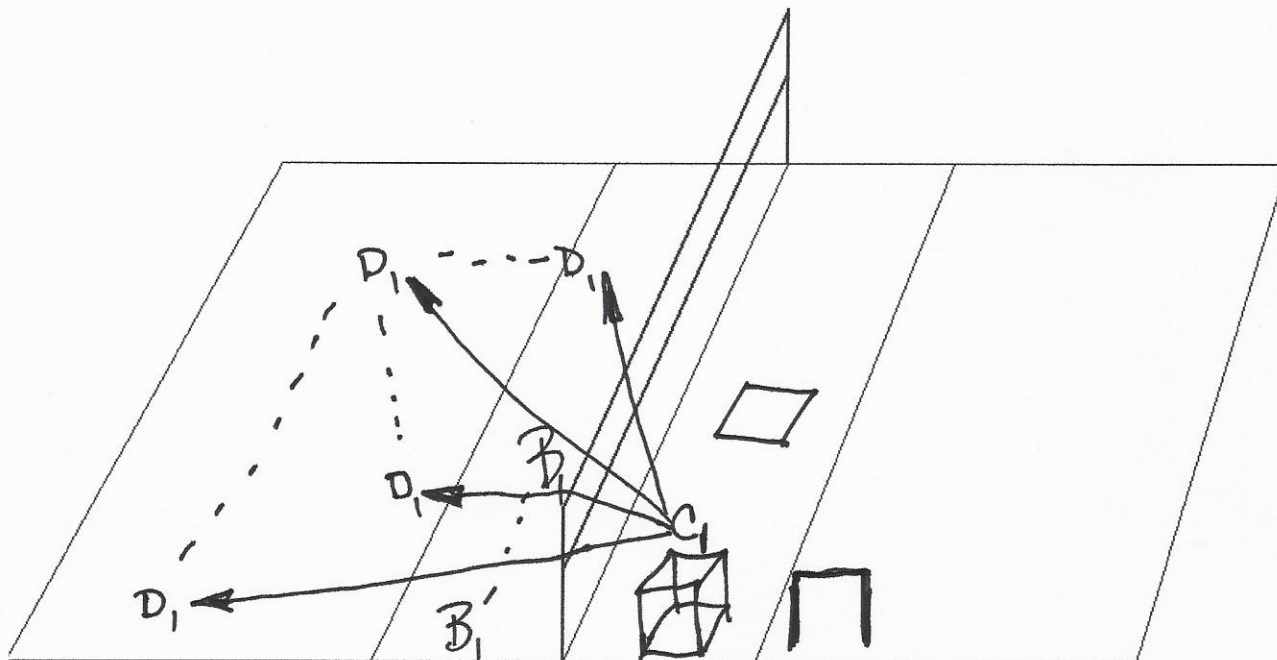


DIAGRAM KEY:

- S** = ACTIVE SETTER (S_1, S_2)
- P** = PASSER (P_1, P_2)
- H** = HITTER (H_1, H_2)
- SV** = SERVER (SV_1, SV_2)
- D** = DIGGER (D_1, D_2)
- B** = BLOCKER (B_1, B_2)
- TA** = TARGET (TA_1, TA_2)
- TO** = TOSSER (TO_1, TO_2)
- C** = COACH (C_1, C_2)
- POA** = POINT OF ATTACK
- TP** = TOUCH POINT (Att Start Pt)
- PATH OF BALL** —————→
- PATH of TIP** - - - - -→
- PATH OF PLAYER** - - - - -→
- Π** = PLATFORM
- = BOX = CART

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Purpose: To practice defensive digging
crosscourt, hard angle, line

Drill Overview:

Scoring/Measurement:

Group Size: (expanded info)

2 players 1 coach

Intensity/Rhythm:

Skill Applications: to the game

medium/high

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

ADD Blocker

Coaching Tips: for running this drill

work on different shots i.e. tip, roll, cut

Cautions: for running this drill (relating to fatigue, rest to work, safety considerations, etc)

sunscreen, water, rest between reps.

Other info: (for anything not yet addressed)