USA VOLLEYBALL
COACHING ACCREDITATION PROGRAM
CAP II FAVORITE DRILL

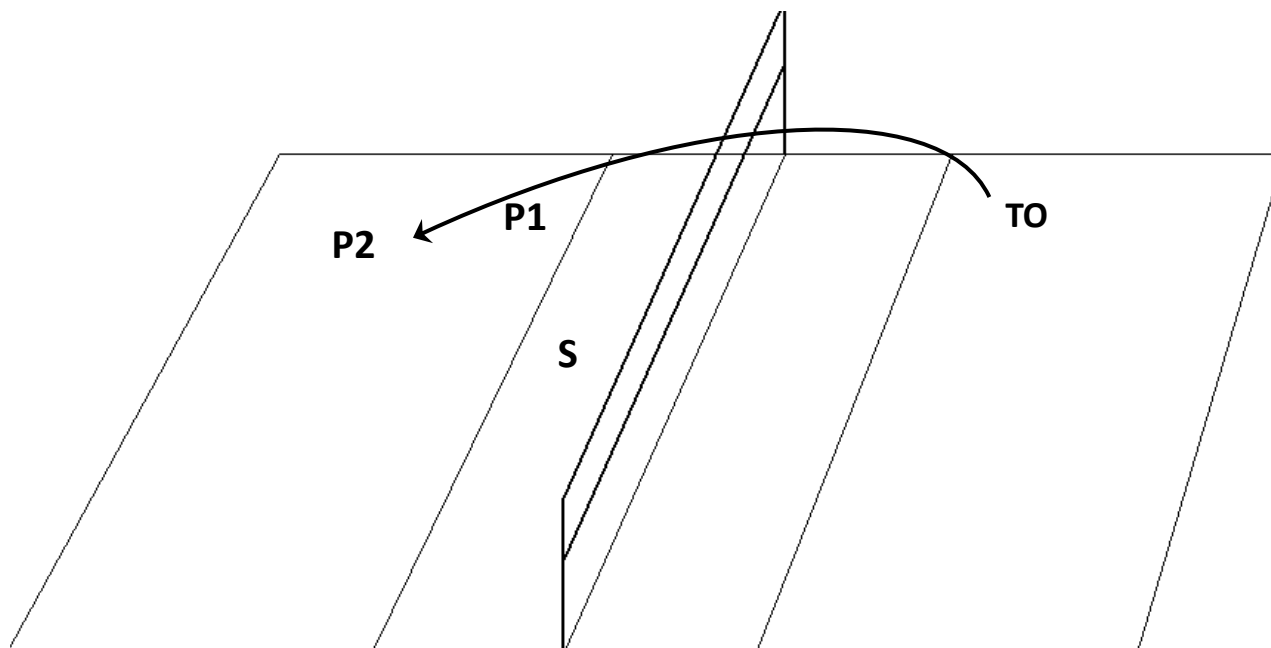**DRILL NAME:** ___**FAKE-OUT**___

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SKILL/SYSTEM FOCUS: DEFENSE BACK/FRONT_____ **COURSE DATE: 12/22/2013**

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: Back row coverage and communication

Drill Overview:
TO hits down ball between passers P1 and P2. Both players call the ball and P1 randomly passes or fakes (attempts, then backs away). Pass to S and feed ball to TO or set and have P1 attack. Run same drill on other side of the court.

Scoring/Measurement: Score P2 on pass quality (0-3), rotate players when P2 reaches 25 points (adjust to player level).

Group Size: Four per group. If P1 hits, add shaggers.

Intensity/Rhythm:

Skill Applications:
P2 parallels P1, stays low and maintains focus on ball.
If hitting, P1 works on transitions after passes.

Variations:
S sets outside, P1 transitions and attacks line (with two groups).
P1 blocks and TO tosses deep overpasses. P1 attacks, attacks and misses or drops and passes/fakes.
Run drill with middles and use overpasses, middle letting ball fall behind.

Coaching Tips: for running this drill
I've used this with ages 13 through 21. Players have a lot of fun with this but they can get silly, especially P1, so keep tossing quickly. Drill doesn't take many reps for P2 to learn the lesson.