

USA VOLLEYBALL

COACHING ACCREDITATION PROGRAM

CAP II FAVORITE DRILL



DRILL NAME: Pick Points

DRILL AUTHOR: _____ **DRILL CONTRIBUTOR:** JT Oates
SKILL/SYSTEM FOCUS: 6 V 6 ALL SKILLS **COURSE DATE:** AVCA Seattle

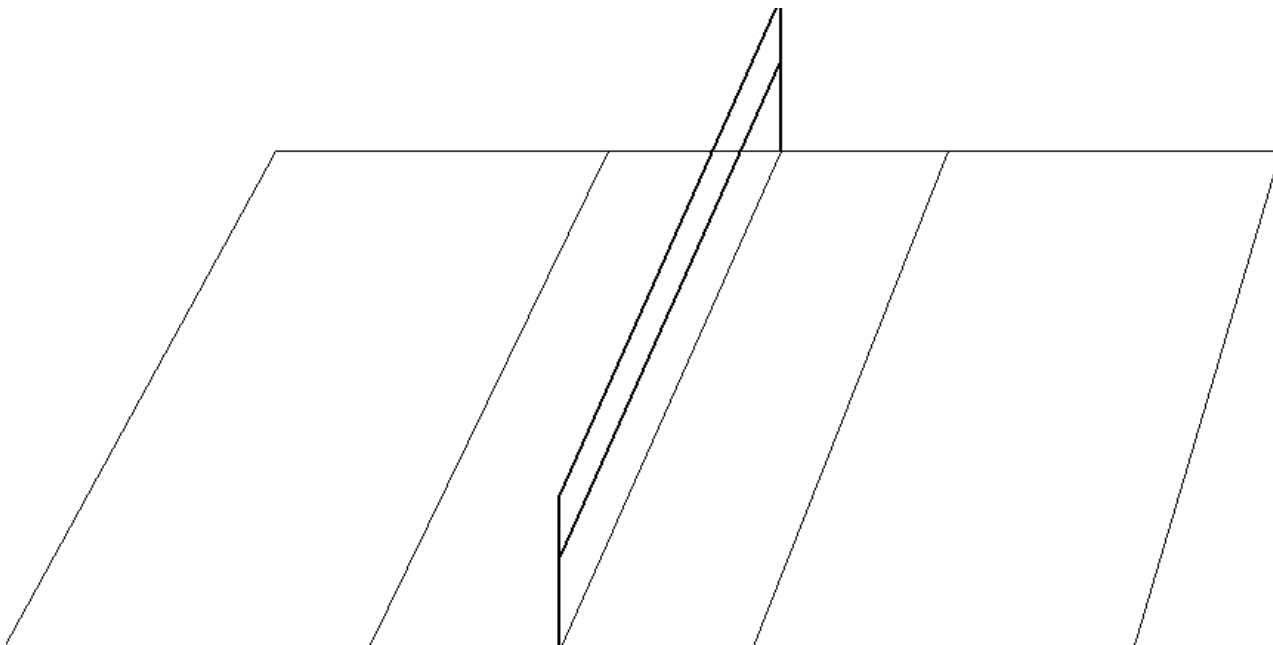


DIAGRAM KEY:

- 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** → (solid arrow)
- PATH of TIP** → (wavy arrow)
- PATH OF PLAYER** → (dashed arrow)
- Π** = PLATFORM
- ▭** = BOX **□** = CART

Purpose: Create mental toughness while either holding a lead or trying to come from behind.

Drill Overview: 6 v 6. Cards with scores on them. The teams pick cards to get starting sores. Game is played from there. Losers run half suicide on point diff. from final score.

Scoring/Masurement: Game score. Coaches can change score based on what they want. Sometimes we only allow them to score off of a particular contact or sequence of contacts.

Group Size: (expanded info)
Full Team

Intensity/Rhythm: High intensity. Get balls in fast. We either serve SR or the winner gets a free ball.

Skill Applications: All skills. You can focus it however you want. If it needs to be a digging drill they only score if they get a swing from the dig.

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

This is a function of the scoring mechanism applied and or the way a coach decides to enter the next ball.

Coaching Tips: Don't let teams get away with doubles and lifts. Sometimes I will allow a bad call though to see if the team deals with the adversity. Winners always cheer for losers and keep it going fast. Don't let them go back slow to serve.

Cautions: for running this drill (relating to fatigue, rest to work, safety considerations, etc) If one team loses a lot it be more rest is needed or something else needs adjusting as fatigue can set in,

Other info: (for anything not yet addressed). Sometimes we rotate like a real game but other times we don't so it keeps the teams the same throughout the game. We will play the same one or two rotations that we want to work on the whole game.

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