USA VOLLEYBALL
COACHING ACCREDITATION PROGRAM
CAP II FAVORITE DRILL

DRILL NAME: Ultimate Mintonette

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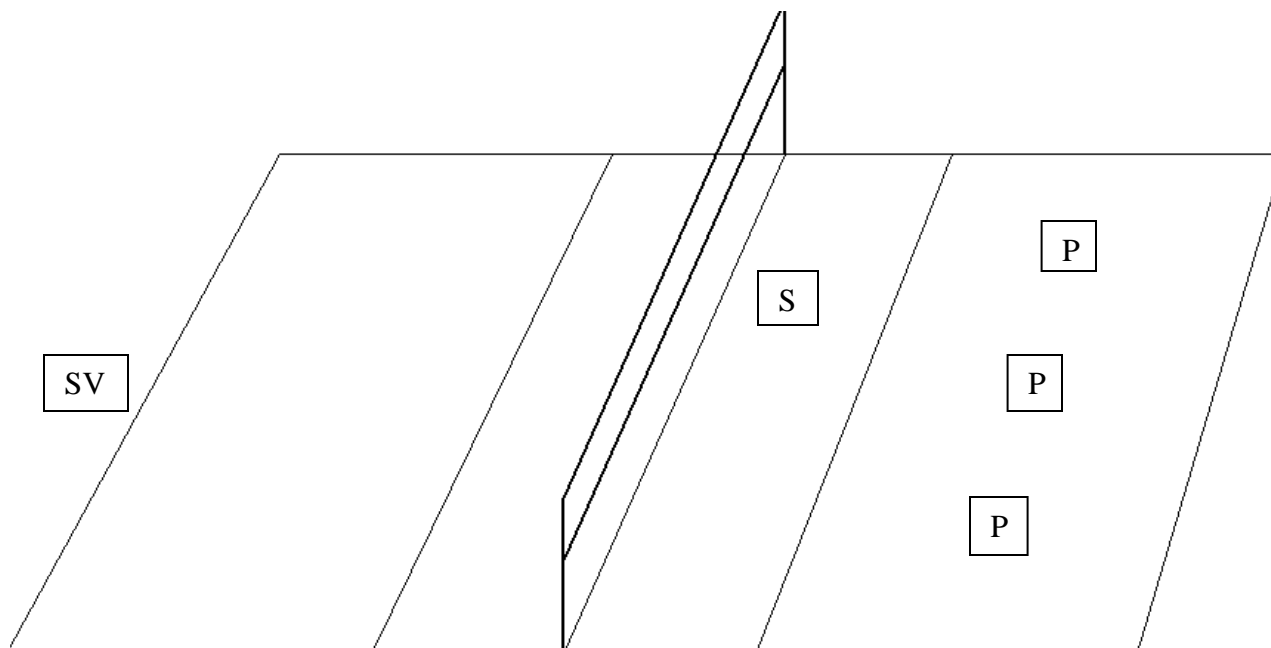**SKILL/SYSTEM FOCUS:** SIDING OUT SERVES **COURSE DATE:** 12/20-22/2013

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**

Purpose: To work the priority movements and skills in a competitive environment.

Drill Overview: Drill is initiated with a serve to the passers who pass and transition to attack. Setter sets the passer who passed the ball based on what they call.

Scoring/Measurement: Setter & Passer get a point if they are successful in returning the ball with an aggressive attack. Server gets a point if they "Ace" the receiving team. This can also be a tournament between multiple setters by doing rounds with the setters. Points are not awarded if the attack is not successful.

Group Size: *Required:* 3 "on-court" passers, 1 Reserve Passer, 1 Setter, 1 Server and 1 Reserve Server (minimum of 7 to run smoothly). *Additional players* can be reserve servers or passers. *Increasing difficulty:* Another option with more players that will increase difficulty is to add blockers.

Intensity/Rhythm: Passer who receives and attacks the ball shags their attack and becomes a Reserve Server. Reserve Servers are in line waiting their turn to serve. After they serve they because Reserve Passers. Reserve Passers are waiting their turn to because an "on-court" Passer.

Skill Applications: Serve & Serve Receive, Communication, Transition, Competition, Earning points, & Teamwork.

Variations: Increasing the difficulty in the following ways: 1. Allow the Server to step onto the court to dig the attackers hits to prevent them from scoring points. 2. If there are enough players, add a blocker to gain value in reading hitters, blocking movements and prevent hitters from gaining points. 3. Award points to server if the ball is not returned into the court at all putting more emphasis on server. 4. Players lose points if they let a ball hit the ground without attempting to play it.

Coaching Tips: Talk to the players about all the ways they can gain points. If they serve aggressively they can score points and if they can pass, transition, communicate and attack the ball successfully they can score points.

Cautions: Increasing the difficulty at an appropriate level and focusing on the right skills. The other caution is to let the environment force the players to focus on the right skills. Coaches tend to fight symptoms and not let the players build their game at their pace.

Other info: Creates an environment where the players will be forced to adjust to have success. That is ultimately the hardest aspect to accomplish as a coach and this drill gives you a lot of flexibility to adjust the environment to make it as "game-like" as necessary.