

# USA VOLLEYBALL

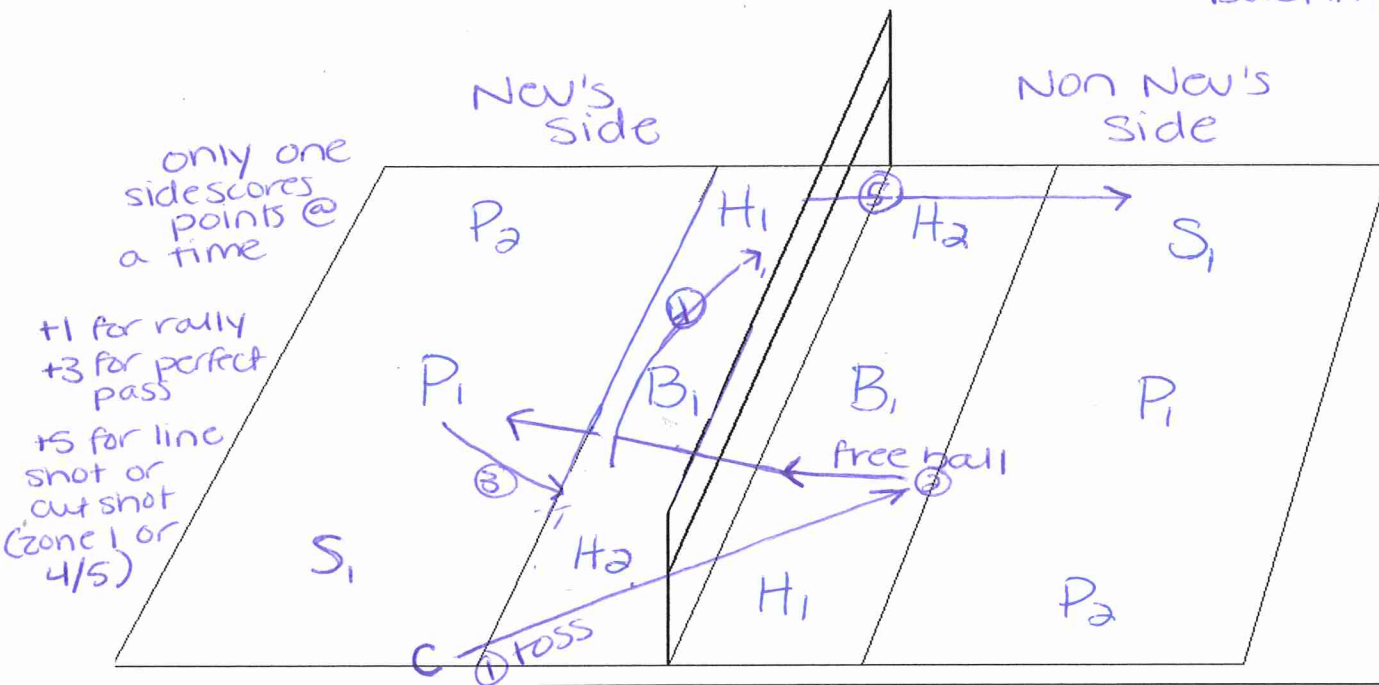
## COACHING ACCREDITATION PROGRAM

### CAP I FAVORITE DRILL

**DRILL NAME:** New's

**DRILL AUTHOR:** Bill Neville

**DRILL CONTRIBUTOR:** Kristina Baehm



**DIAGRAM KEY:**

- (S)** = ACTIVE SETTER (S<sub>1</sub>, S<sub>2</sub>)
- P** = PASSER (P<sub>1</sub>, P<sub>2</sub>)
- H** = HITTER (H<sub>1</sub>, H<sub>2</sub>)
- SV** = SERVER (SV<sub>1</sub>, SV<sub>2</sub>)
- D** = DIGGER (D<sub>1</sub>, D<sub>2</sub>)
- B** = BLOCKER (B<sub>1</sub>, B<sub>2</sub>)
- TA** = TARGET (TA<sub>1</sub>, TA<sub>2</sub>)
- TO** = TOSSER (TO<sub>1</sub>, TO<sub>2</sub>)
- C** = COACH (C<sub>1</sub>, C<sub>2</sub>)
- 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 give a game like drill to the athletes, but to also give them a chance to focus on certain skills in a game situation and reward them when they execute.

**Drill Overview:** Athletes on the New's side are trying to earn as many points as possible while focusing on the skills that are worth the most points. They have a limited time frame and then it is the other team's turn.

**Scoring/Measurement:** You give positive points for athletes executing what your focus for that practice is. (i.e. hitting down line or hitting cross court cut shot) +1 win rally, +5 line/cut

**Group Size:** (expanded info) 12 athletes; 6 on each side

**Intensity/Rhythm:** Fast paced. 3 min rounds and then switch to the other side

**Skill Applications:** to the game  
You get the athletes to be able to look and think about the other side of the net and try and place a ball where the other players are not covering (i.e. holes)

**Variations:** of the Drill (any stand-alone versions in the database?)  
You can manipulate the points to whatever you are focusing on at that time. (i.e. +5 for not hitting to the libero, +3 for tooling the block)

**Coaching Tips:** for running this drill  
Keep the athletes going as they are on a time crunch. Also, watch out for loose balls on the court.

**Cautions:** for running this drill (relating to fatigue, rest to work, safety considerations, etc) Make sure the rounds are not too long because you want your athletes to go 100% as hard as they can. Watch for balls on the court

**Other info:** (for anything not yet addressed)

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