DRILL NAME: 5 on 5 warm up

DRILL AUTHOR: Unknown.

DRILL CONTRIBUTOR: B. David Noble
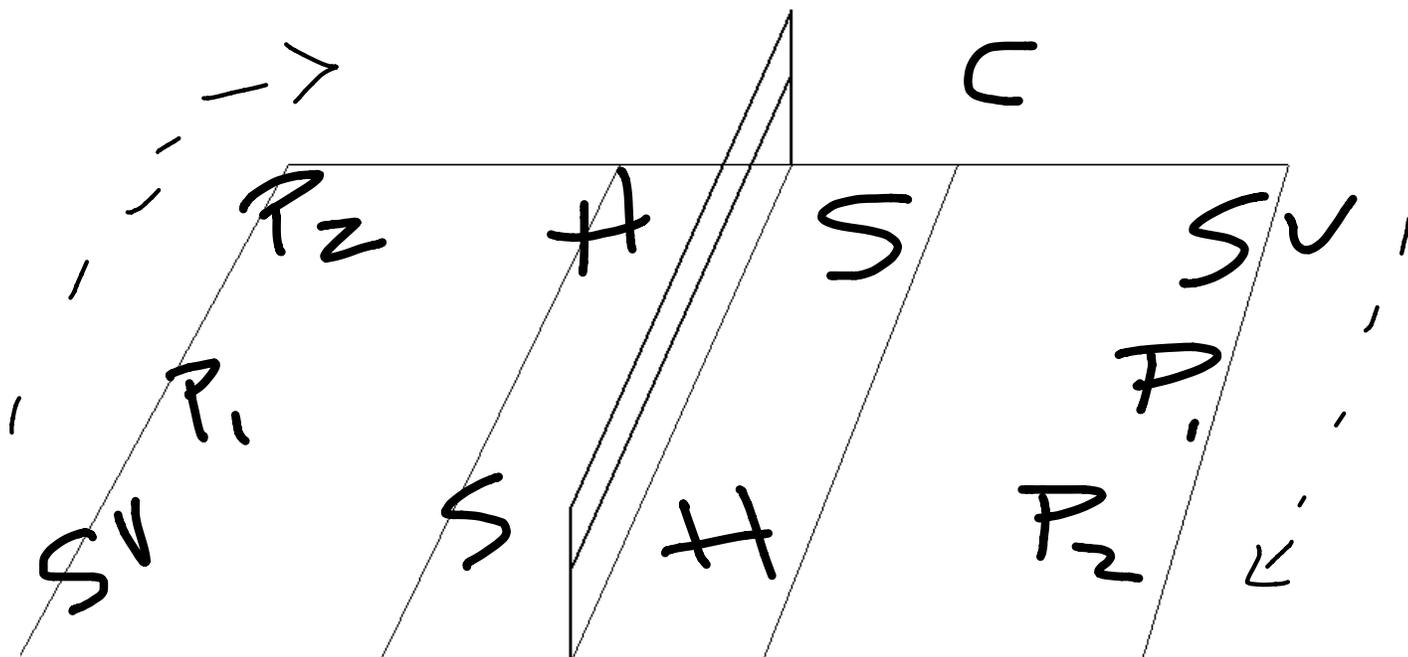
DIAGRAM KEY:

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:
Beginning of practice warm-up

Drill Overview: 5 vs. 5, no middle hitter, players rotate clockwise one position every time they put a ball over the net. Serve (alternated), pass, set, hit, block until rally is over. Timed. Every player does every skill as they rotate. Additional players rotate in; setter off, new server on.

Scoring/Measurement:
One point per rally winner for each serve.
Play to x number of points.

Group Size: (expanded info)
10 or more. Additional players can rotate in as players rotate off before each serve.

Intensity/Rhythm:
High intensity, rapid pace, monitored by the coach

Skill Applications: to the game
Each player gets the opportunity to serve, pass, hit, and set multiple times during the course of the drill.

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

Block can be added, middle hitter can be added, serve to specific areas, hit to specific areas.

Coaching Tips: for running this drill

Coach picks the players for each side to maximize competitiveness, and monitors the intensity and pacing. Coach can add variations to sustain interest.

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

Monitor player fatigue levels.

Other info: (for anything not yet addressed)