

USA VOLLEYBALL COACHING ACCREDITATION PROGRAM CAP I FAVORITE DRILL

DRILL NAME: RISK/REWARD

DRILL AUTHOR: UNKNOWN

DRILL CONTRIBUTOR: GREG POST

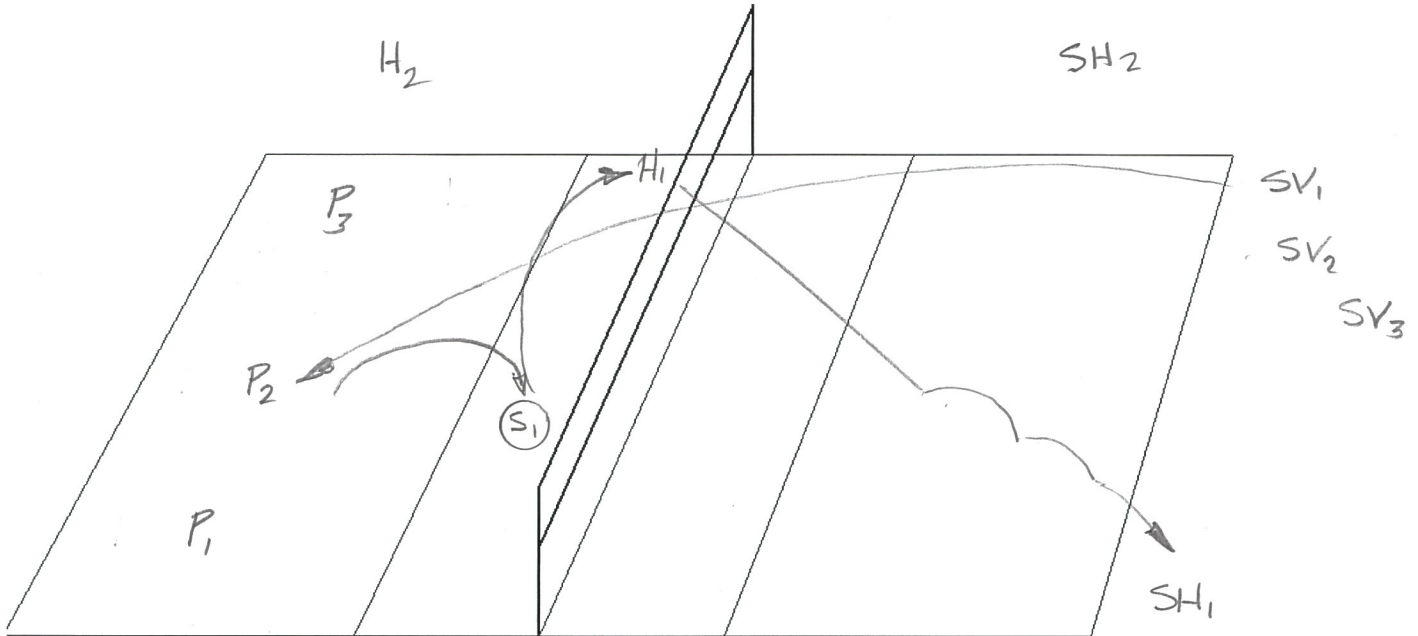


DIAGRAM KEY:

- (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
- SH** = SHAGGER (SH₁, SH₂)

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Purpose: TO HAVE EACH ATHLETE HIT THREE SUCCESSFUL CONTACTS IN A ROW IN A SPECIFIED AMOUNT OF TIME OF OFF A SERVE, PASS, SET, HIT SEQUENCE.

Drill Overview: ATHLETES HIT FROM THEIR POSITION, LIBEROS AND DSS FROM BACK ROW. SETTERS FROM RS FAILURE IN THE SERVE, PASS, SET, HIT SEQUENCE RETURNS COURT SETUP AS SHOWN. INITIATED BY A SERVE. ANY

Scoring/Measurement: THAT INDIVIDUAL HITTERS "IN A ROW" SUCCESS WHEN SCORE TO ZERO. TIME ALLOTTMENT IS FOR ENTIRE TEAM. EACH TEAM MEMBER HAS ACHIEVED 3 SUCCESSFUL TEAM CONTACTS IN THE TEAM'S ALLOTTED TIME.

Group Size: (expanded info) ENTIRE TEAM. TIME ALLOTTMENT MAY BE ADJUSTED BY NUMBER OF ATHLETES PARTICIPATING.

Intensity/Rhythm: THAT THE DRILL IS TIMED AND THAT THE OUTCOME IS EITHER PASS OR FAIL FOSTERS A SENSE OF URGENCY. INCLUDING CONSEQUENCES FOR FAILING INCREASES THE INTENSITY.

Skill Applications: to the game CONSISTENCY IN SERVING, PASSING, SETTING AND HITTING UNDER PRESSURE.

Variations: of the Drill (any stand-alone versions in the database?) VARY SERVING REQUIREMENTS, I.E. JUMP SERVE ONLY. CHANGE HITTING CRITERION, I.E. BALL CANT HIT THE TAPE CROSSING THE NET. ONLY HIT TO A SPECIFIED ZONE, ETC.

Coaching Tips: for running this drill EXPLAIN THE BASIC RULES AND THEN GIVE THE TEAM A FEW MINUTES TO SETUP THE DRILL THEMSELVES.

Cautions: for running this drill (relating to fatigue, rest to work, safety considerations, etc) NONE OTHER THAN THOSE FOR ANY OTHER VOLLEYBALL DRILL OR SCRIMMAGE.

Other info: (for anything not yet addressed) THIS AFFORDS AN OPPORTUNITY FOR PROBLEM SOLVING AND LEADERSHIP.

ALL MAY PARTICIPATE IN SERVING, PASSING, AND SETTING BUT THE ATHLETES LEARN TO PUT THE MOST CONSISTENT IN THOSE POSITIONS. ALL MUST HIT. THIS IS ATHLETE CENTERED AND INITIATED. COACH MONITORS TIME AND THAT THE SERVE, PASS, SET, HIT CRITERIA ARE MET. THIS IS A TEAM DRILL, THE TEAM AS A WHOLE PASSES OR FAILS