

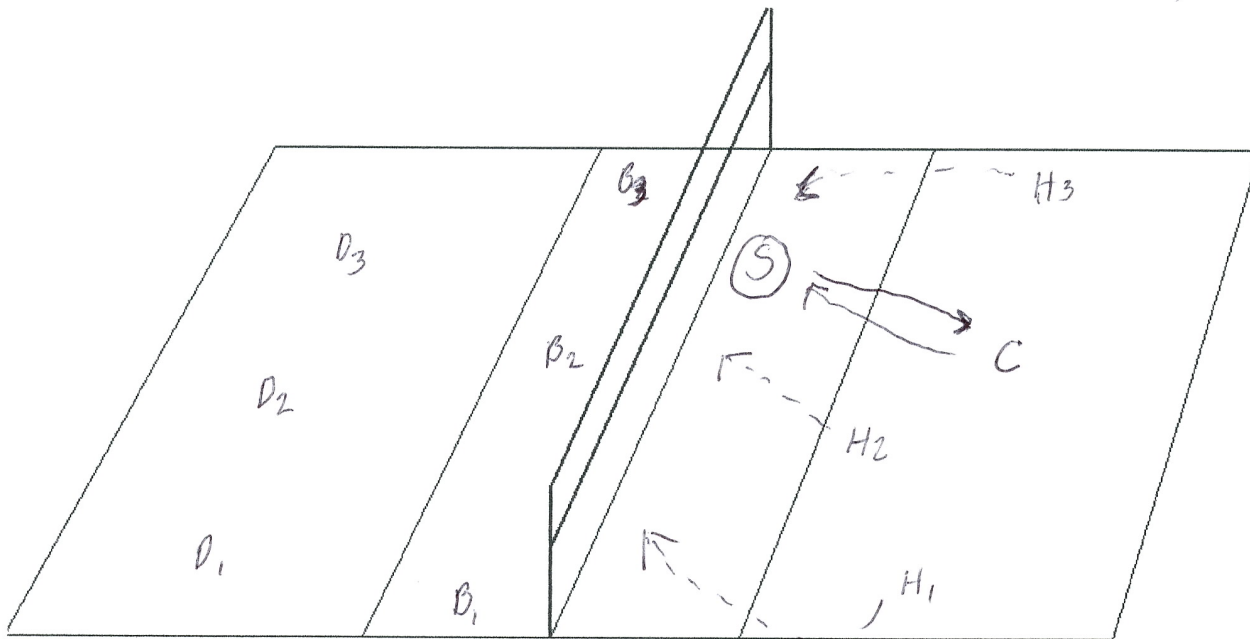
# USA VOLLEYBALL COACHING ACCREDITATION PROGRAM CAP II FAVORITE DRILL



**DRILL NAME:** BSBH - BALL SETTER BALL HITTER

**DRILL AUTHOR:** \_\_\_\_\_ **DRILL CONTRIBUTOR:** \_\_\_\_\_

**SKILL/SYSTEM FOCUS:** BLOCKING AND DEFENSE **COURSE DATE:** DEC 21-22, 2013



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

**Purpose:** WORK ON BLOCKING AND DEFENSE COORDINATION.

**Drill Overview:** COACH WILL PASS BACK + FORTH TO SETTER. COACH CAN HIT BALL OVER, PASS PERFECT, PASS MEDIUM, PASS SO IT WILL BE A FREE BALL.

**Scoring/M Measurement:** CAN VARY. DEFENSE CAN SCORE BASED ON BLOCKING, DIGS OR EYE MOVEMENT, COMMUNICATION, ETC.

**Group Size:** (expanded info) THREE ON SIX  
SIX ON SIX

**Intensity/Rhythm:** FULL INTENSITY, GAME LIKE.

**Skill Applications:** to the game EYEWORX, BLOCKING, DEFENSE

**Variations:** of the Drill (any stand-alone versions in the database?) CAN DO SIX ON SIX. COACH STEP OUT AND LET THE RALLY FINISH

**Coaching Tips:** for running this drill EMPHASIZE ONE THING AT A TIME. GIVE EACH PLAYER ONE THING TO FOCUS ON.

**Cautions:** for running this drill (relating to fatigue, rest to work, safety considerations, etc) GO FOR 3-5 MINUTES THEN SWITCH.

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

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