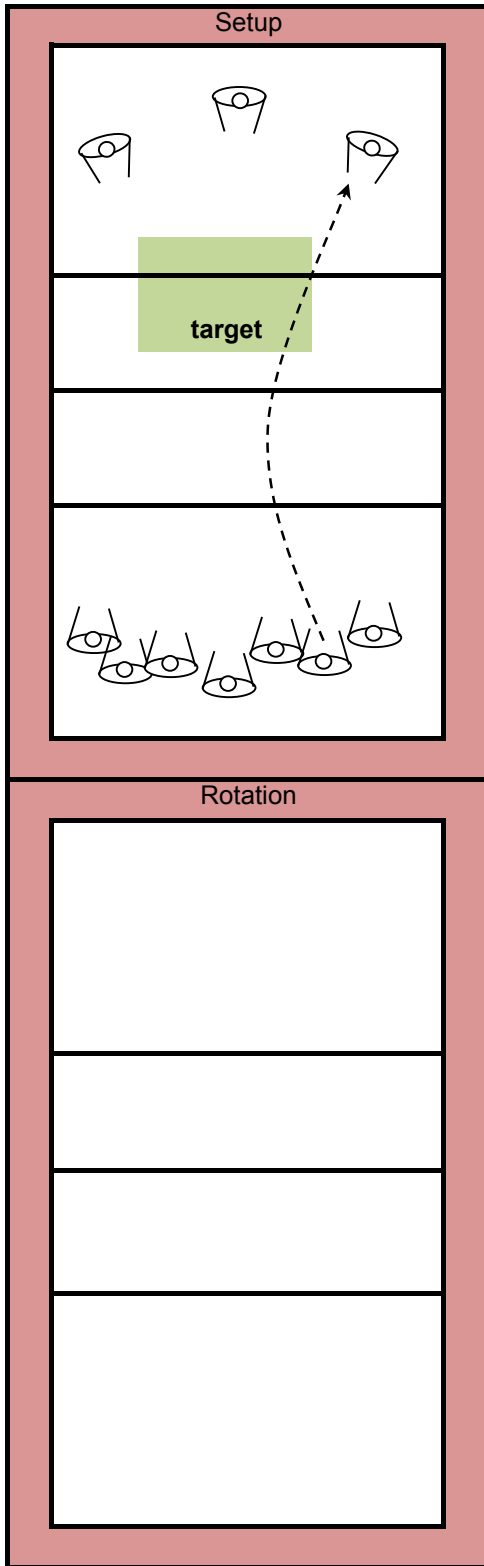


Recommended # of Athletes: 6 +



Back Row Digging 3

Set-up

Place 3 athletes on the defensive side in position 1,6 and 5 with a digging target in the middle of the court. Line up all the rest of the athletes, each with a ball in the back third of the court.

Conditions:

Have the attacking athletes, 1 at a time, toss their own ball, approach and attack it over the net. The diggers will dig the ball and attempt to aim for the target box. The attacker will then collect their own ball and return to the attacking line. Rotate athletes through the defensive position.

Purpose/Goal

Work on controlled attacking

Experience and work on defending against a no block, real time hitter (see an approach and read his weight)

Success criteria

Attackers hit the ball over the net consistently somewhat away from the defenders

Defenders touch all balls and dig most high and in the middle of the court

Reference Points

Nice high toss on attack

Adjust quickly and early to the direction of the attacker on defence

Variations

Simplification

Have a coach as a tosser to increase consistency and let them focus on one thing

More Difficult

Add a setter into the front row and get athletes hitting back row attack balls from behind the attack line

Legend: Ball's Route = Players Rotation = Players =

