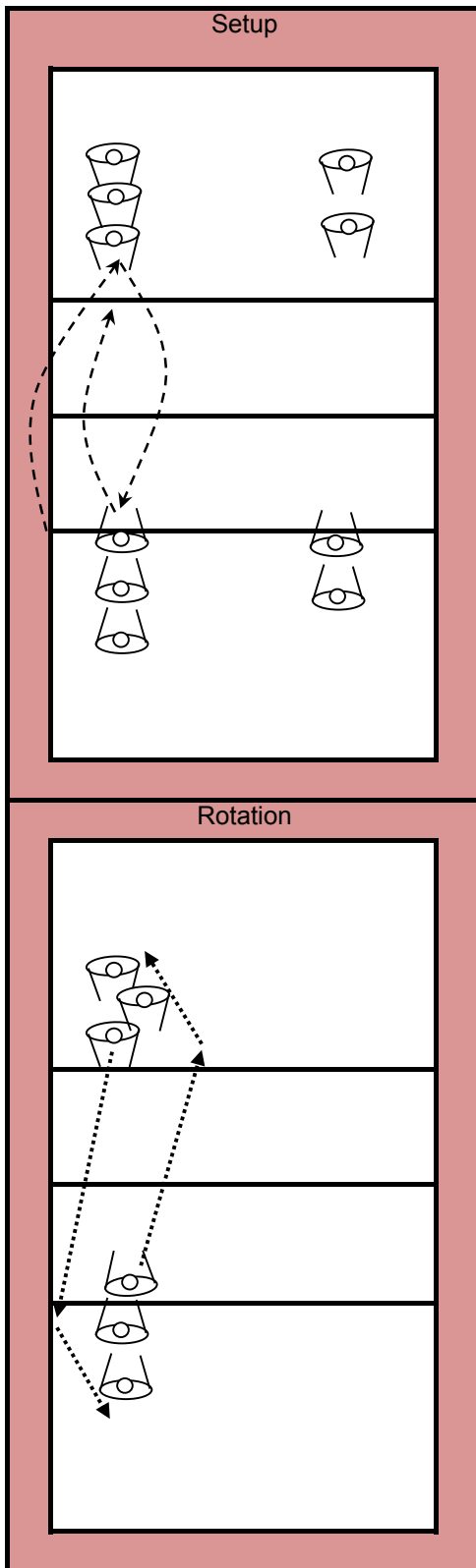


Recommended # of Athletes: 6 +



## Shuttles

### Set-up

Set up athletes in lines across the net from each other with one ball. If you have lots of athletes set up a couple lines down the net, approximately 5 or 6 athletes in each group.

### Conditions:

Starting with only passing, athletes pass the ball to their partner across the net, then move under the net to the end of the line on the other side. This is a continuous drill with athletes working as a team to keep the ball alive. Progress to just Setting, and then either.

### Purpose/Goal

Work as a team to keep the ball from hitting the floor

Work on ball control and aiming at a target

Warm up

### Success criteria

Athletes are able to pass the ball accurately to their target across the net

Drill is able to progress in a continuous motion with limited errors

### Reference Points

Pass or set the ball high to the target.

Communicate with teammates and call the ball

Hurry to the end of the line to prepare for next contact.

### Variations

There are many different variations of this drill and rules you can add to it.

### Simplification

If athletes find it difficult move all of them to one side of the court and pass back and forth with no interference between the two groups.

### More Difficult

Add a second ball to increase the need for communication and using their peripherals. This can be a ball being passed opposite times as the first, or may be a ball caught and thrown under the net.

Legend: Ball's Route = - - - - -> Players Rotation = .....> Players = 

