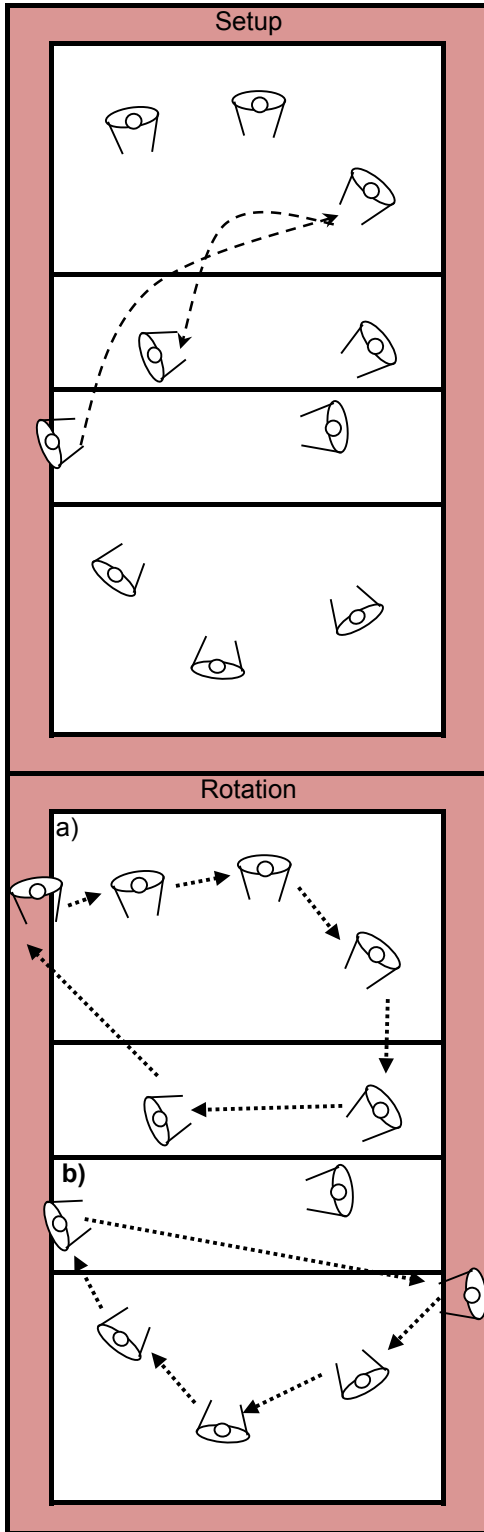


Recommended # of Athletes: 12 +

Cross Court Control



Set-up

Players line up in position 1,2,4,5,and 6. Coach will enter a ball across the net from beside position 4. If you have 2 coaches may alternate entrance of ball to both sides.

Conditions

Coach enters a down ball, athletes achieving three contacts and play the ball to the opposing side in a diggable position. Athletes rotates after they send the ball across the net. Set a goal and team works to achieve continuous play over the net x number of times (work up to 20)

Purpose/Goal

1. Warm up full range of movement in all positions
2. Improves team control.
3. Requires ongoing focus and attention to detail

Success criteria

Athletes are able to aim their attacks at athletes across the net
Athlete can play continuously in a controlled manner.
Athlete communicate to each other about the score throughout drill

Reference Points

Aggressive role shot at a teammate
Promote communication by getting them to count to your goal out loud
Cross Court suggests aiming the ball to defenders in position 5/6

Variations

If you have 8 athletes leave position 1 empty
More than 10 athletes? Rotate from a line into position 1

Simplification

Put a permanent libero in position 5 and rotate around them.
Eliminate need for "strikes" and input balls when play breaks down
Put a coach in as the setter

More Difficult

Setter remains in position 2 and increase the set pace (b)
3rd contact must be an swing in order to count (not a pass or set)
Once "20" progressions have been achieved, play to score after a first controlled progression. Keeping score
Include options for setter to set back row athletes in position 1 and 6

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

