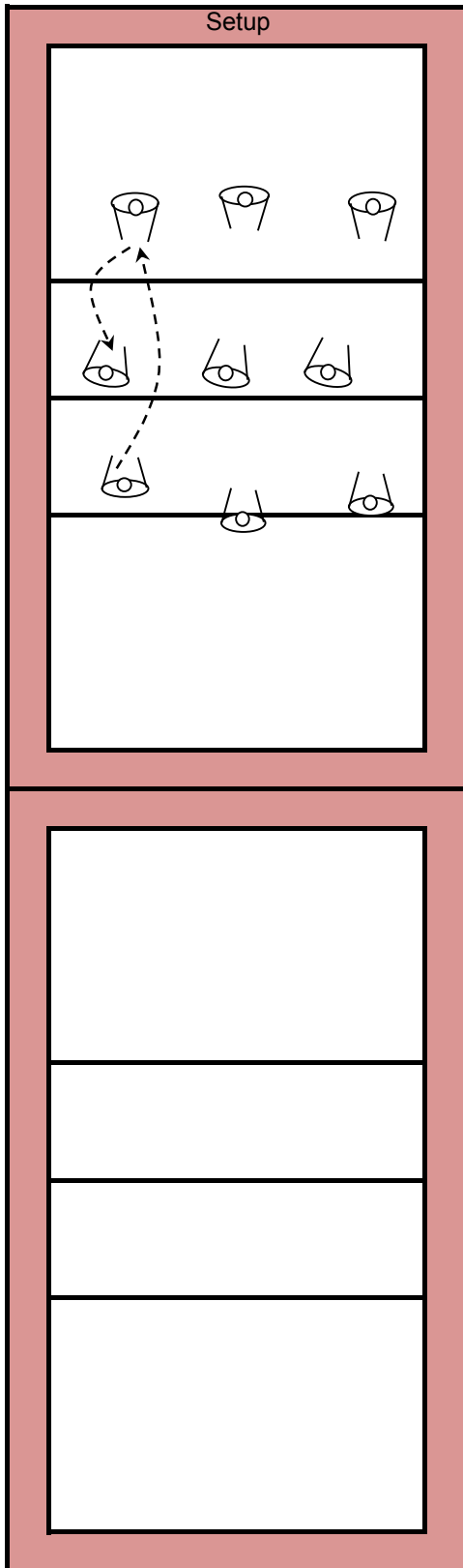


Recommended # of Athletes: 12 +



Rapid Fire Passing

Set-up

Set athletes up in groups of 3 with 2 balls per group. 2 athletes stand across from each other just behind the attack lines, while the 3rd acts as a setter target at the net on one side of the court.

Conditions:

Setter and Tosser both start with a ball in their hand. The tosser will underhand toss the ball over the net to the passer while the setter bounce passes their ball to the tosser. Passer will underarm pass the ball to the target and repeat. Rotate athletes after 15 good passes

Purpose/Goal

Practice passing technic over and to the net with many repetitions quickly

Success criteria

Passer successfully passes ever ball to a settable position for their target

Reference Points

Adjust feet to the ball quickly


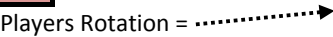
Pass the ball up above the antenna to the targets forehead.

Variations

Can use the same drill for overhand passing repetitions, setting the ball instead of underarm passing.

Simplification

More Difficult

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