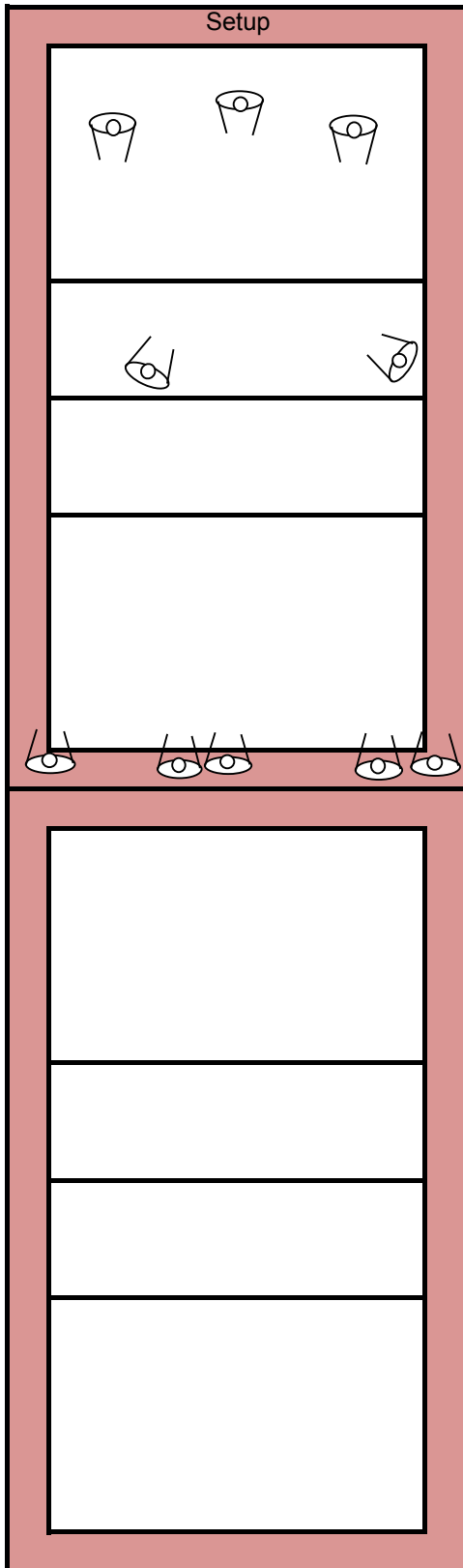


Recommended # of Athletes: 12 +



Servers vs Passers

Set-up

Place 3 passers on the receiving side of the court with 1 setter and 1 target. All other athletes line up on opposite base line with a ball prepared to serve

Conditions:

Servers will serve one at a time at the passers. Passers pass and setter sets to to left side target. Passers are awarded points depending on the quality of their pass, servers are also awarded points for successful serves. Once a score is reached, new passers can be rotated into the drill

Purpose/Goal

Develop passing skills in a competitive pressure environment
Servers practice serves that produce a positive result against their opponent

Success criteria

Passers communicate and pass balls successfully to the setter or in a settable position for most balls in the drill. Able manage or keep alive aggressive difficult serves.

Reference Points

Communicate seams between passers before the serve

Variations

To increase passing reps, add a down ball from the side of the court in between every serve. Also may want to add a fourth passer to the group so passers cycle through all three positions.

Simplification

More Difficult

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

