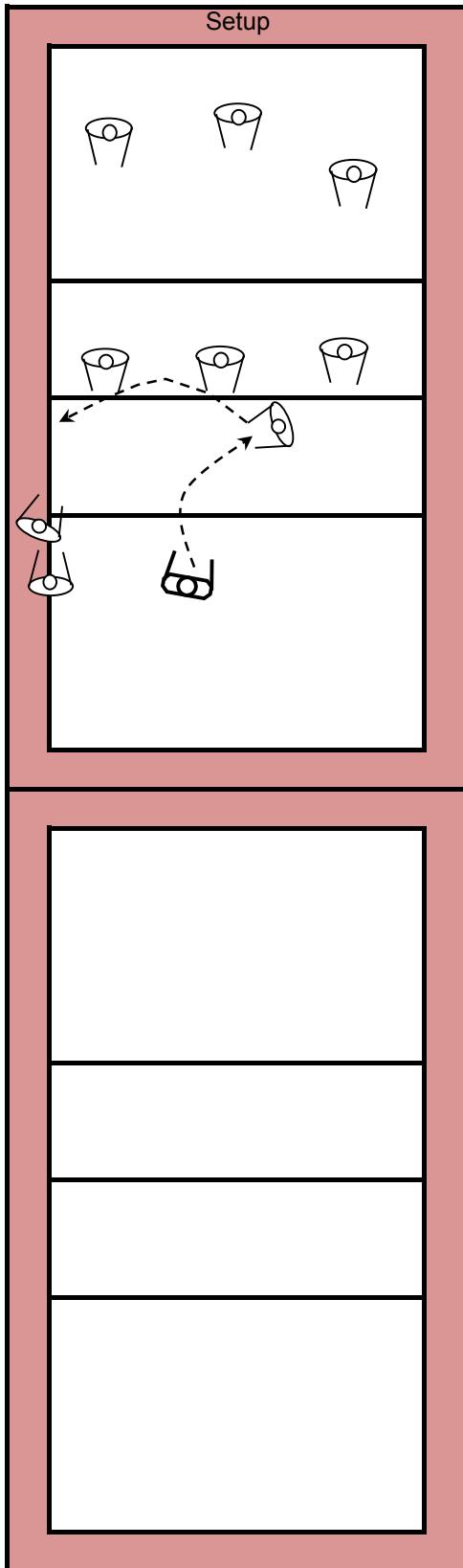


Recommended # of Athletes: 9 +



Hitter vs Hitter

Set-up

Set up a full 6 person defence on one side of the court with a setter, two attackers and a coach on the opposite side.

Conditions:

Coach tosses ball to setter who will set the two attackers. Attackers hit alternating balls against the 6 person defence who digs it up and attacks it back. Make it a competition between the two attacking athletes to see who can get 5 points first. Rotate attackers after each mini game.

Purpose/Goal

Work on hitting against a full 6 person defence.

Work on system defence against specific attacks (Power, middle ...)

Success criteria

Athletes are able to score balls from a variety of methods (swinging line/cross, tipping, tooling etc.) Defence adjusts each time a ball is scored to take that shot away

Reference Points

Attack the ball aggressively and smartly.

Variations

Run the drill through a variety of locations including Power, Middle, Right Side, and back row. Additional athletes can rotate through the 6 man defence side of the court when someone makes an error.

Simplification

More Difficult

Athletes that make errors on the attacking side get a minus point.

Add a passer to create a more difficult setting experience

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

