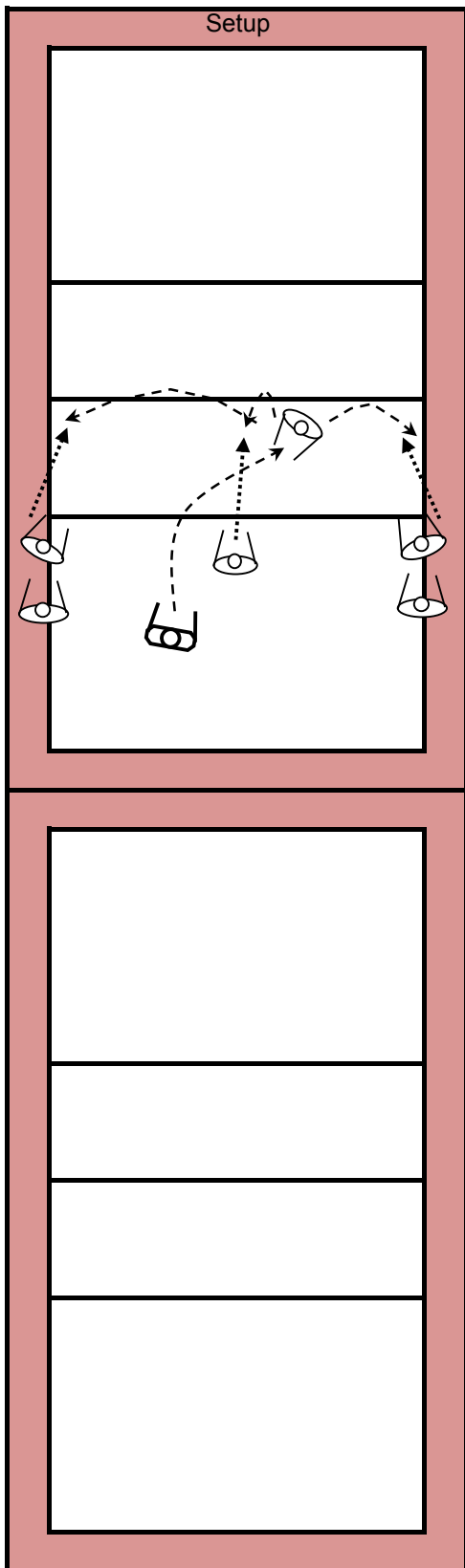


Recommended # of Athletes: 7 +



Hitting Warm Up

Set-up

Set up a setter at the net and attackers prepared to attack from the power, middle and right side positions. Coach ready to toss balls to the setter from centre of the court

Conditions:

Coach tosses a ball for the setter who sets each of the 3 different sets. Attackers swing at the ball, collected the ball and return it to the coach.

Purpose/Goal

Work on setter technique and location in a controlled context (coach introduced)

Work on hitting in system balls from a variety of positions

Success criteria

Setter sets hittable balls consistently, rotating through the 3 different set locations. Attackers aim balls into the opposing court.

Reference Points

Setter communicate where they will be setting next so attack can prepare
Attackers call for the ball and whether they want it high or regular pace

Variations

Can add in a passer and coach tosses ball from the other side of the net. Also could add in a blocker or blockers to defend the balls being attacked

Simplification

Limit it to only setting one position at a time so setter is able to get into a rhythm

More Difficult

Allow athletes to pass a ball before attacking, adding more skill prior to the attack

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

