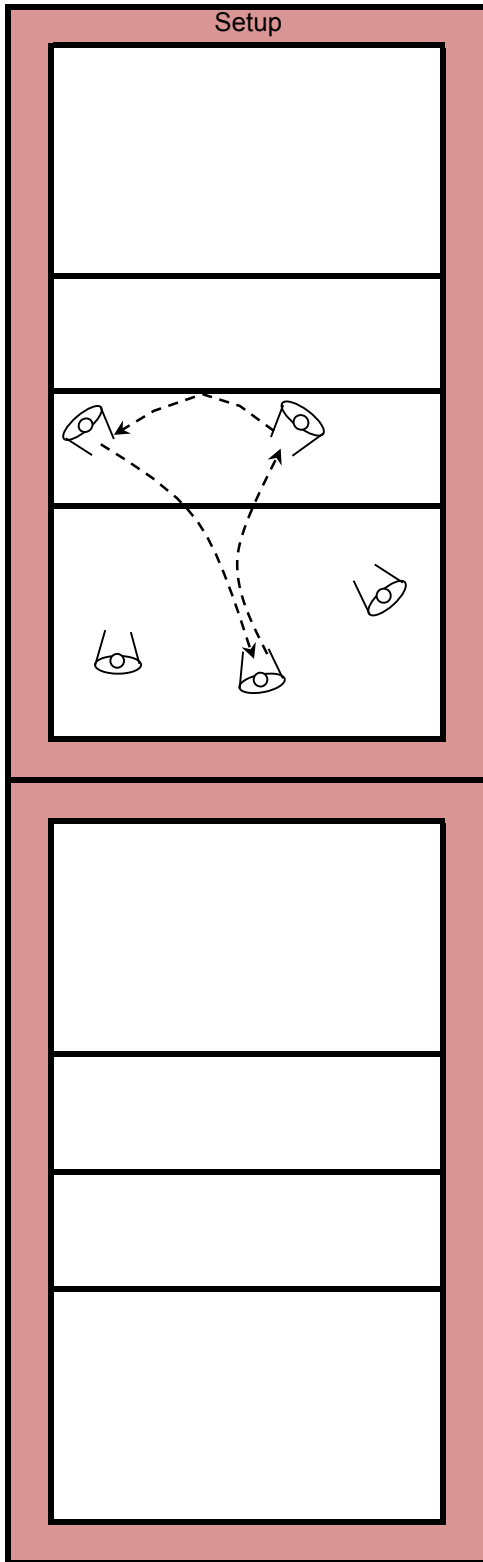


Recommended # of Athletes: 10 +

3 man D



Set-up

Set up 3 defenders on one side of the court with a setter at the net and a coach in one of the front corners

Conditions:

Coach introduces a ball by attacking it at one of the defending players, who digs it up to the setter. The Setter will set the ball to the coach who will attack it again at the defenders

Purpose/Goal

Work on positional defence according to where the attack is coming from
Work on balanced defence in a controlled environment
Get transition setting reps for the setter

Success criteria

Athletes are able to keep the ball alive during the play and get it successfully to the setter

Reference Points

Balance defence ready for every ball and to accelerate to tips

Variations

If you have two coaches, add the second coach to the opposite corner and give the setter the option of which to set too.

Simplification

If this continuous play is not working well, create a rotation drill out of it by getting the setter to catch the ball and return it to the coach who already will introduce another ball

More Difficult

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

