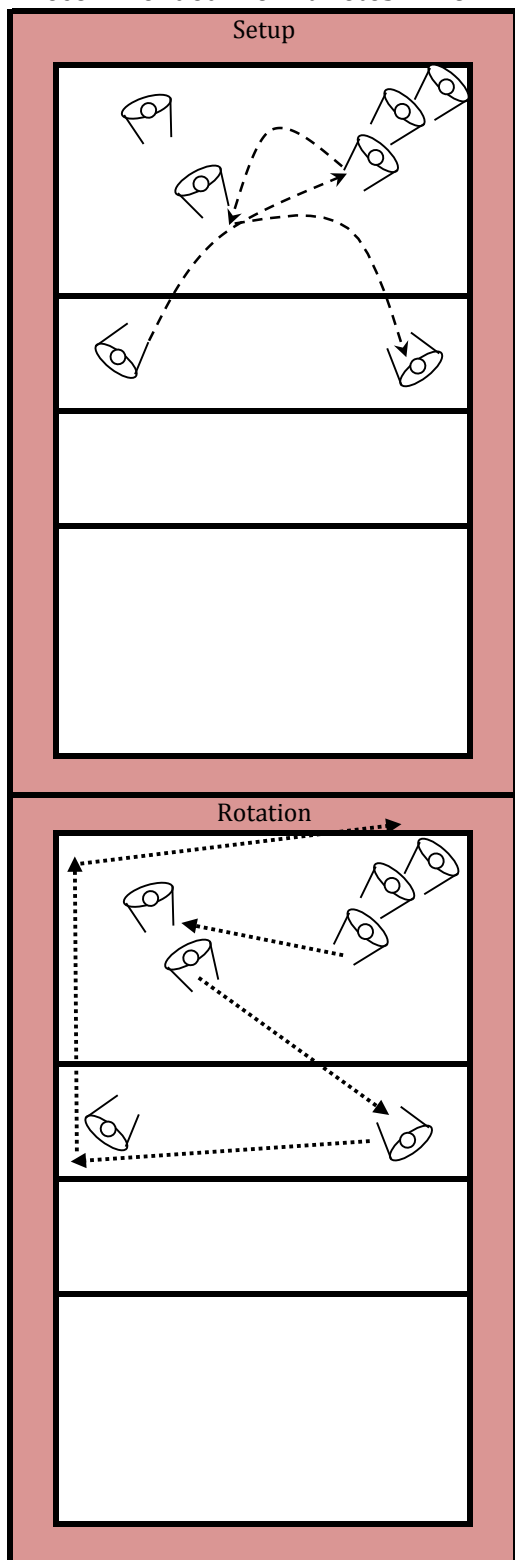


Recommended # of Athletes: 6 +



Corner Digging Reps

Set-up

Set up athletes in a line in position 5 with a small line of setter in position 1 and catchers in position 4. Coach will be in position 4 attacking at defending line. Also can reflect setup with Coach is 4

Conditions:

Coach attacks the ball at the first defender in 5 who digs high in the air for first setter in line to chase and set out to the target in 4. After each dig, players will "follow their ball" by moving from digging to setting to catching to giving ball to the coach to digging again.

Purpose/Goal

Work on team digging and transitioning off of that in a simple repetition styled drill

Work on positional defence.

Success criteria

Athletes understand rotation and play ball successfully to catcher

Reference Points

Call the ball so other know who is approaching
Dig and set the ball high in the air

Variations

Position defenders in any part of the court you would like or align 2 defenders next to each other to work on calling seams

Work on Athletes arm swings by allowing them to hit the ball against the defenders themselves

Simplification

Simplify by eliminating the setter and have the second line just act as a target

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

