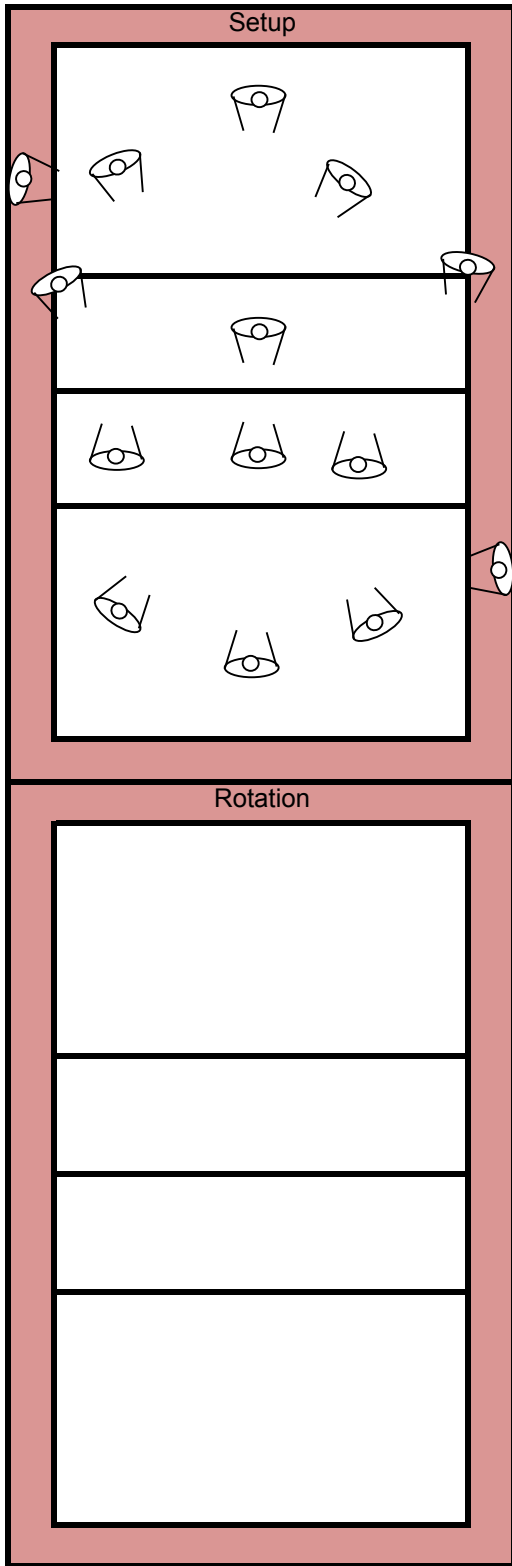


Recommended # of Athletes: 12+



3 in a Row

Set-up

Set up full 6 on 6 lines-ups with evenly dispersed teams. A coach will be on each sideline prepared to enter a high ball simulating setter dig

Description

Ball is entered to one side preferably to the libero, who will set a highball to left side or right side. The point is then played out. Immediately after another ball is entered to the winning side of the last point. To score a point a team must win 3 plays in a row before the opposite side. When a team wins a large point, they flip front and back and the game continues.

Purpose/Goal

Develop high ball offense against full 6 person defense.

Work on high ball attacking and timing.

Practice offensive system out of a simulated setter dig.

Success criteria

Setting quality is easily hittable.

Attacks are smart and limited errors are made.

Reference Points

Attackers wait on the high set and keep the ball in front of them as they approach. Weighing risk vs reward as they attack, using different shots

Libero or front row sets the ball high and a meter off the net

Variations

This drill could be introduced as a downball/spike at the setter in position 1 to develop his defense.

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

