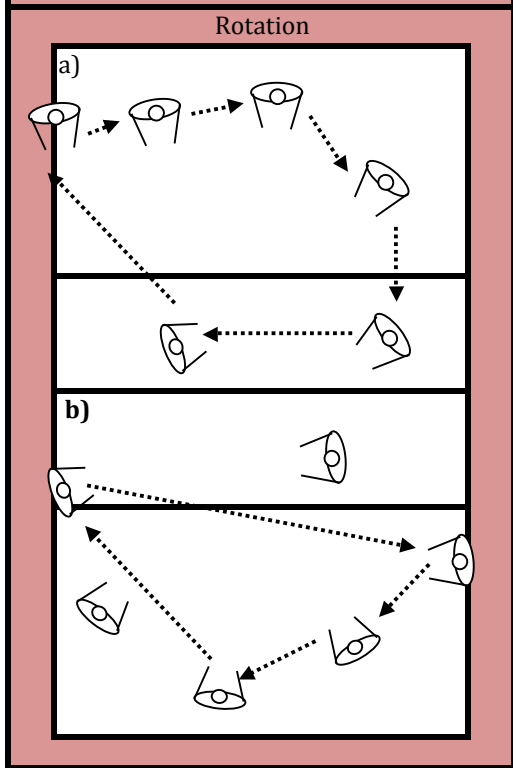
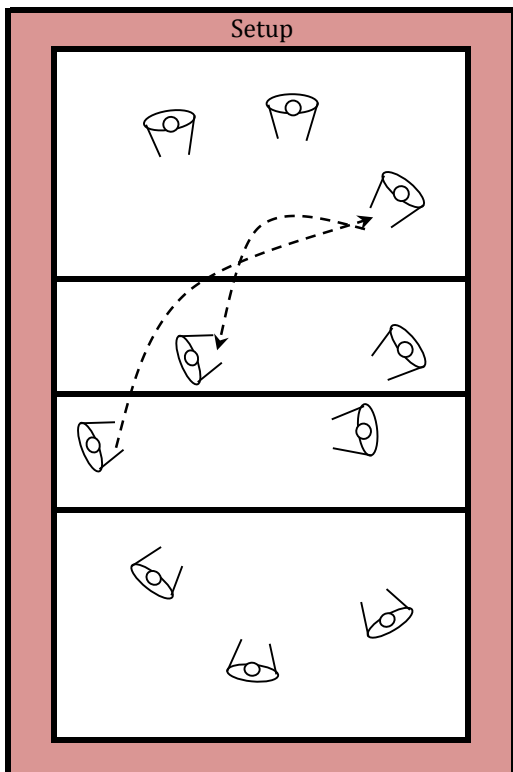



Recommended # of Athletes: 12 +

# Cross Court Control



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

## Set-up

Players line up in position 1,4,5,and 6, with a setter in position 2. Coach enters ball across the net from beside position 4. Alternate entrance of balls to both sides.

## Conditions

Coach enters a down ball, athletes achieving three contacts and play the ball to the opposing side in a diggable position. Athletes rotates after they send the ball across the net. Set a goal and team works to achieve continuous play over the net x number of times (work up to 20). Start by only setting power then progress to setting back row or nower

## Purpose/Goal

1. Warm up full range of movement in all positions
2. Run through and practice in-play movements
3. Requires ongoing focus and attention to detail

## Success criteria

Athlete can play continuously in a controlled manner. Athletes practice correct roles and run proper attacking routes. Setter run through their full offences and set a variety of locations

## Reference Points

Aggressive role shot at a teammate on the opposite side limit errors and focus on the skills

## Variations

If you have 8 athletes leave position 1 empty  
More than 10 athletes? Rotate from a line into position 1  
Put a permanent libero in position 5 and rotate around them.

## Simplification

Limit the sets that can be made and maybe limit to one specific set you would like to work attack or defence on

## More Difficult

3rd contact must be an swing in order to count (not a pass or set)  
Once "20" progressions have been achieved, play to win the rally once the first progression is hit controlled over the net.  
Keep track of the errors (as opposed to scored points)

