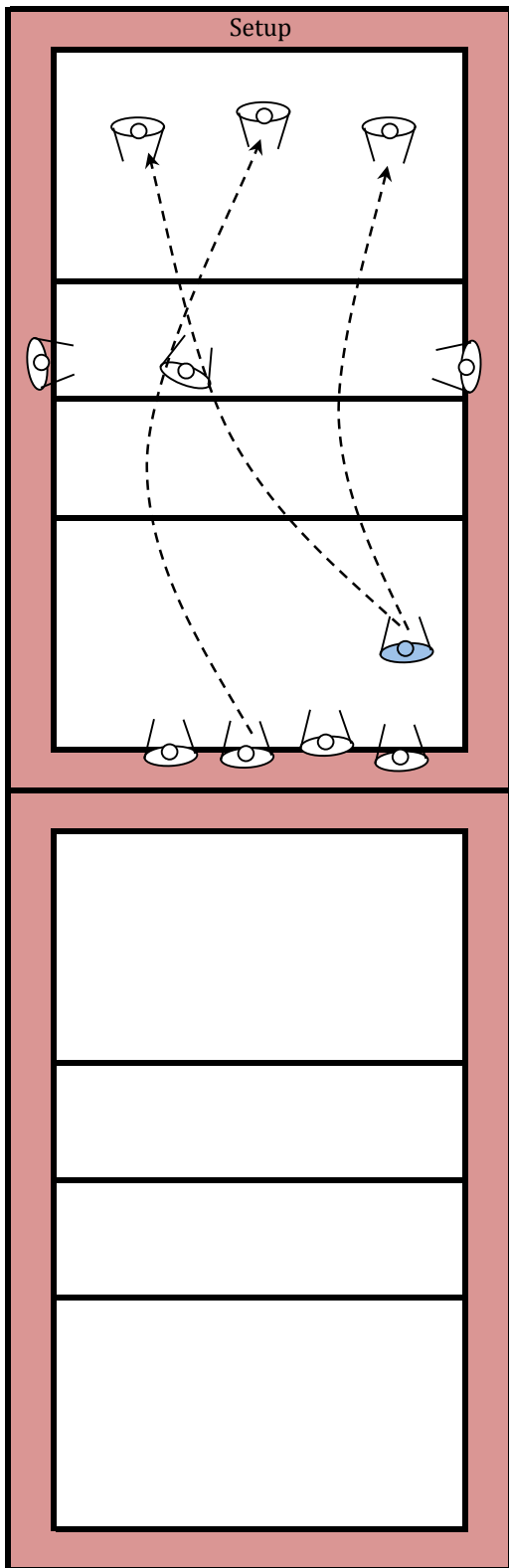


Recommended # of Athletes: 9 +



Simple Fast Receive Reps

Set-up

Set up 3 athletes in the serve receive position with setter at the net and two catchers at each antenna. Extra athletes on the opposite base line serving and a coach ready with ball cart.

Conditions:

Have athletes serve one ball from base line at the 3 passers. Immediately afterwards, coach will hit two consecutive float serves at the two passers who did not pass the first serve. Setter chases and sets all passes they are able to to their targets.

Purpose/Goal

Work on serve receive passing with high quantity of touches and a variety of different types of serves.

Get lots of quality setting reps.

Success criteria

Athletes work through and focus on their individual skill at that moment.

Reference Points

Be prepared for the next ball to come as soon as you know the serve isn't coming to you.

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

