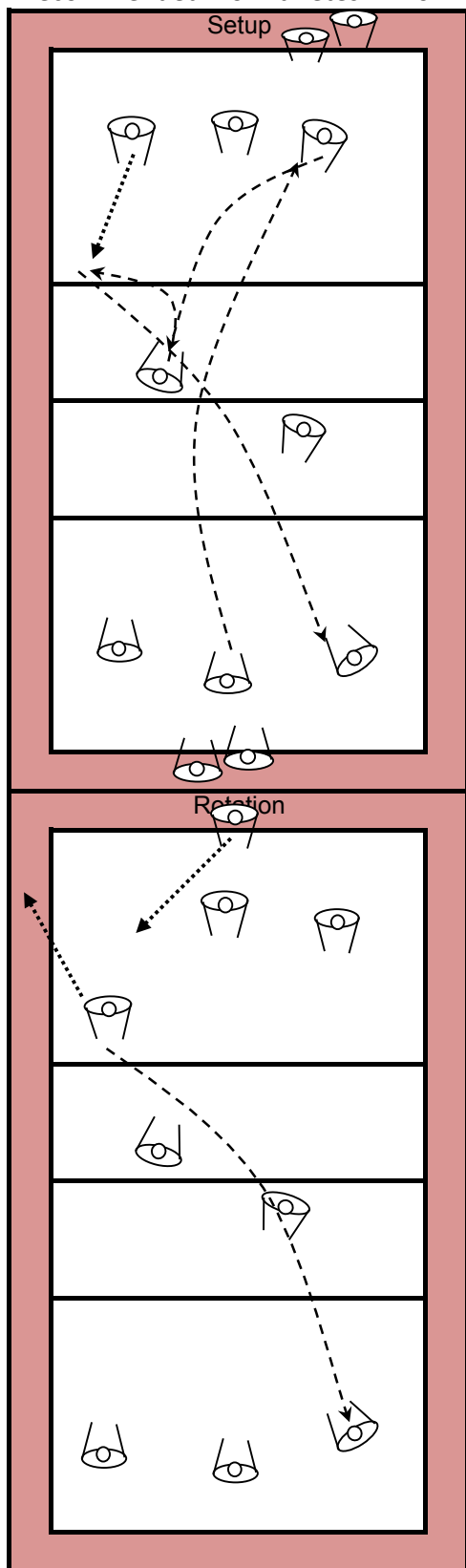


Recommended # of Athletes: 10 +

Back Row Exchange



Set-up

Set up 3 back row players on each side of the court. Each side will also have a setter up at the net. All extra players are split between the two team and wait on the baseline to rotate onto the court.

Conditions:

Ball is introduced by a coach or player as a free ball. Athletes use three contacts with the 3rd aiming to be a back row attack from any of the 3 defenders. The athlete that plays the ball over the net then cycles out and an athlete from the line takes their place.

Purpose/Goal

Work on attacking skills and controlling the ball as team
Work on Spatial awareness and attacking the ball behind the attack line

Success criteria

Athletes are able to legally play the ball over the net on the third contact from a back row position. As this is probably a new skill attacks should be dug easily by opposing side

Reference Points

Attack the ball high and deep to the back corners of the court
Start approach further back so they stay behind the attack line

Variations

Beginning each point with a serve add some valuable serve receive repetitions in a game context.

Simplification

Encourage setter to set the ball back row but do not police back row attacks

More Difficult

Encourage Setter to lead athletes as close to the net as possible without stepping over the attack line

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

