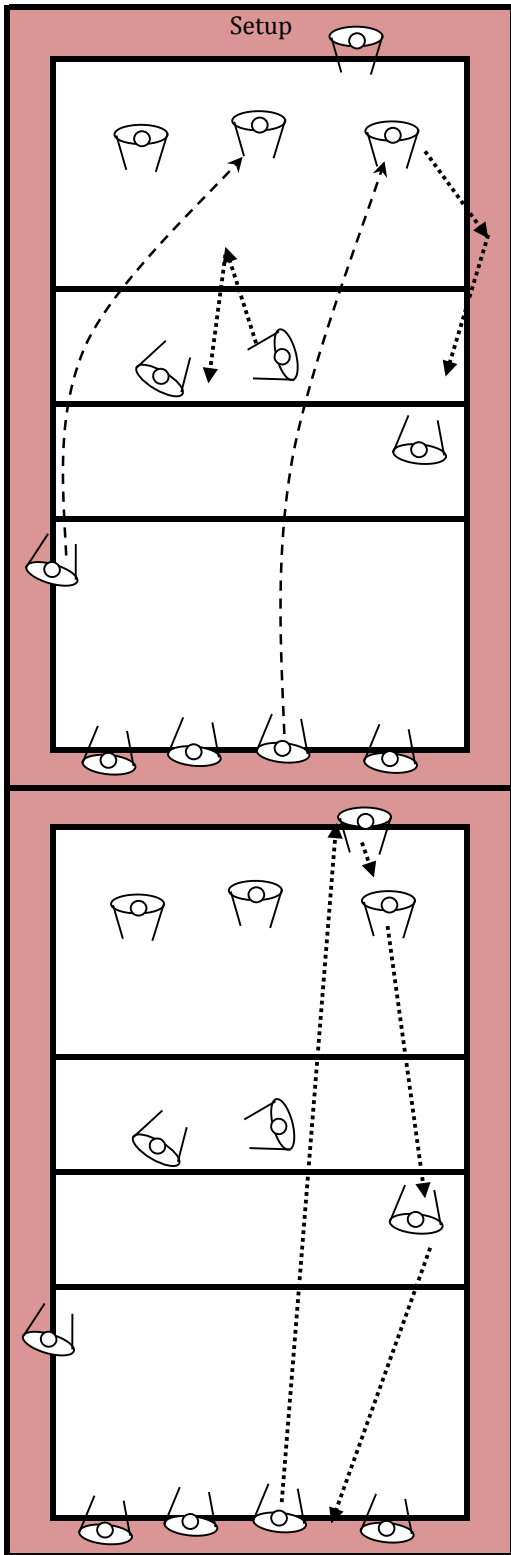


Recommended # of Athletes: 10 +

Serve Pass Reps



Set-up

Set up 3 passers on one side of the court, 2 permanently in position 1 and 6 and 1 of them in position 5 ready to pass and swing. Have a 4th passer on the back line ready to fill into position 5. Have a setter at the net with a middle and one blocker in position 5 on the opposite side of the net. The rest of the athletes serving on opposite line with a coach or athlete ready to hit downballs on the sideline.

Conditions:

Drill cycle consists of 2 balls, first is served from the back line at the 3 passers and set is always given to the power player who transitions from passing in 5 to swing against 1 blocker. The second ball comes immediately after as a down ball to the other two permanent passers, this ball is then set to the middle player who transitions off the net after the first serve. The Server then moves to the passing line, the passer/attacker becomes the blocker and the blocker collects the ball and moves to serve. Middle stays until you switched.

Purpose/Goal

- Work on both serving and free ball passing.
- Work on running a partial offence with different sets.
- Rotating through a variety of skills quickly.

Success Criteria

Serve are relatively consistent into the court and play does not often break down before the attack occurs.

Reference Points

- Have a libero play in the 1 or 6 position to get consistent passing.
- Identify and work on specific middle attacks on down ball reps.

Variations

Create a competition out of the serving/passing/blocking positions to allow athletes to remain passing if they both successfully pass a 3 quality pass and attack the ball against the blocker and a defender (defender being the athlete that just served the ball).

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

