**USA VOLLEYBALL**
**COACHING ACCREDITATION PROGRAM**
**CAP I FAVORITE DRILL**

**DRILL NAME:**

**YOUR NAME:**

**Original DRILL AUTHOR:**

**SKILL/SYSTEM FOCUS:**

**COURSE DATE:**

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**DIAGRAM KEY:**

- **S** = ACTIVE SETTER \((S_1,S_2)\)
- **P** = PASSER \((P_1,P_2)\)
- **H** = HITTER \((H_1,H_2)\)
- **SV** = SERVER \((SV_1,SV_2)\)
- **D** = DIGGER \((D_1,D_2)\)
- **B** = BLOCKER \((B_1,B_2)\)
- **TA** = TARGET \((TA_1,TA_2)\)
- **TO** = TOSSER \((TO_1,TO_2)\)
- **C** = COACH \((C_1,C_2)\)
- **POA** = POINT OF ATTACK
- **TP** = TOUCH POINT (Att Start Pt)
- **PATH OF BALL**
- **PATH of TIP**
- **PATH OF PLAYER**
- **Π** = PLATFORM
- **= BOX**  
- **= CART**

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**Purpose: & Overview:**

**Scoring/Measurement:**

**Group Size:** (expanded info)

**Ball Initiation:**

**Intensity/Rhythm:**

**Skill Applications:** to the game

**Variations:** of the Drill

**Coaching Tips:** for running this drill

**Cautions:** for running drill (fatigue, rest to work, safety considerations, etc)

**Other info:** (for anything not yet addressed; use back if necessary)

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