

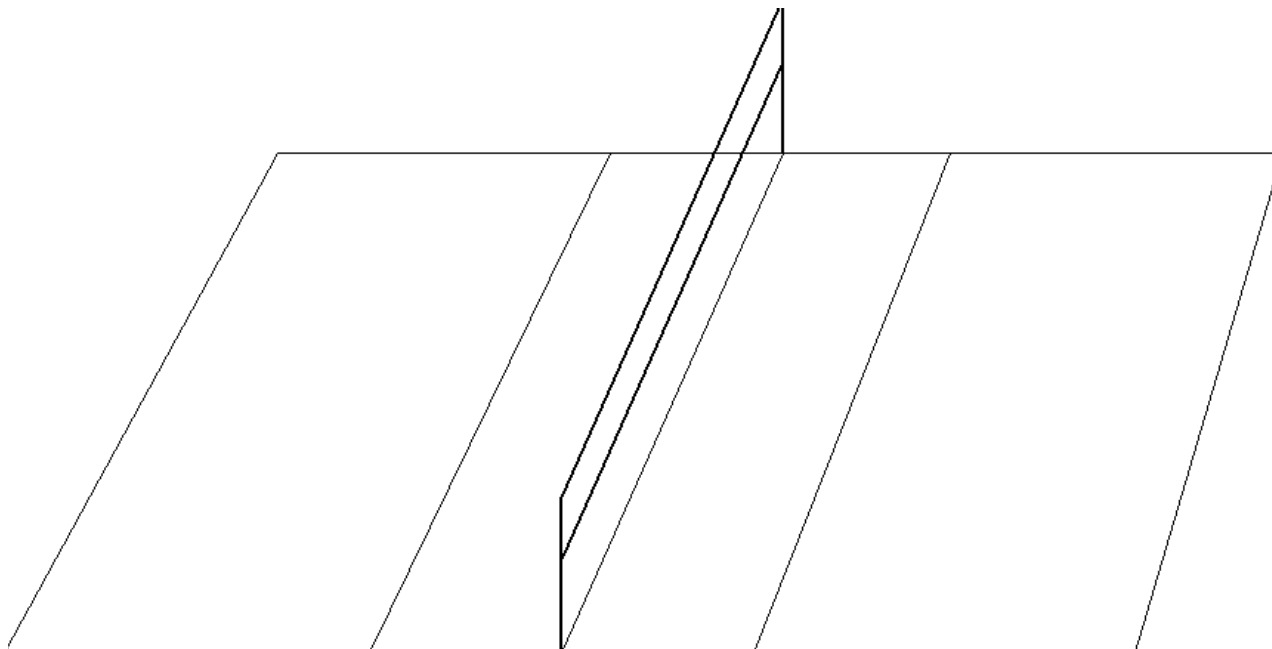
# USA VOLLEYBALL COACHING ACCREDITATION PROGRAM CAP II FAVORITE DRILL



DRILL NAME: \_\_\_\_\_

YOUR NAME: \_\_\_\_\_ Original DRILL AUTHOR: \_\_\_\_\_

SKILL/SYSTEM FOCUS: \_\_\_\_\_ COURSE DATE: \_\_\_\_\_



**DIAGRAM KEY:**

- Ⓢ = ACTIVE SETTER (S<sub>1</sub>, S<sub>2</sub>)
- P = PASSER (P<sub>1</sub>, P<sub>2</sub>)
- H = HITTER (H<sub>1</sub>, H<sub>2</sub>)
- SV = SERVER (SV<sub>1</sub>, SV<sub>2</sub>)
- D = DIGGER (D<sub>1</sub>, D<sub>2</sub>)
- B = BLOCKER (B<sub>1</sub>, B<sub>2</sub>)
- TA = TARGET (TA<sub>1</sub>, TA<sub>2</sub>)
- TO = TOSSER (TO<sub>1</sub>, TO<sub>2</sub>)
- C = COACH (C<sub>1</sub>, C<sub>2</sub>)
- POA = POINT OF ATTACK
- TP = TOUCH POINT (Att Start Pt)
- PATH OF BALL → (solid arrow)
- PATH OF TIP → (wavy arrow)
- PATH OF PLAYER → (dashed arrow)
- ▭ = PLATFORM
- ◻ = BOX    ◻ = CART

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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