

USA VOLLEYBALL

COACHING ACCREDITATION PROGRAM

BCAP I FAVORITE DRILL

DRILL NAME: _____

YOUR NAME: _____ Original DRILL AUTHOR: _____

SKILL/DRILL FOCUS: _____ COURSE DATE: _____

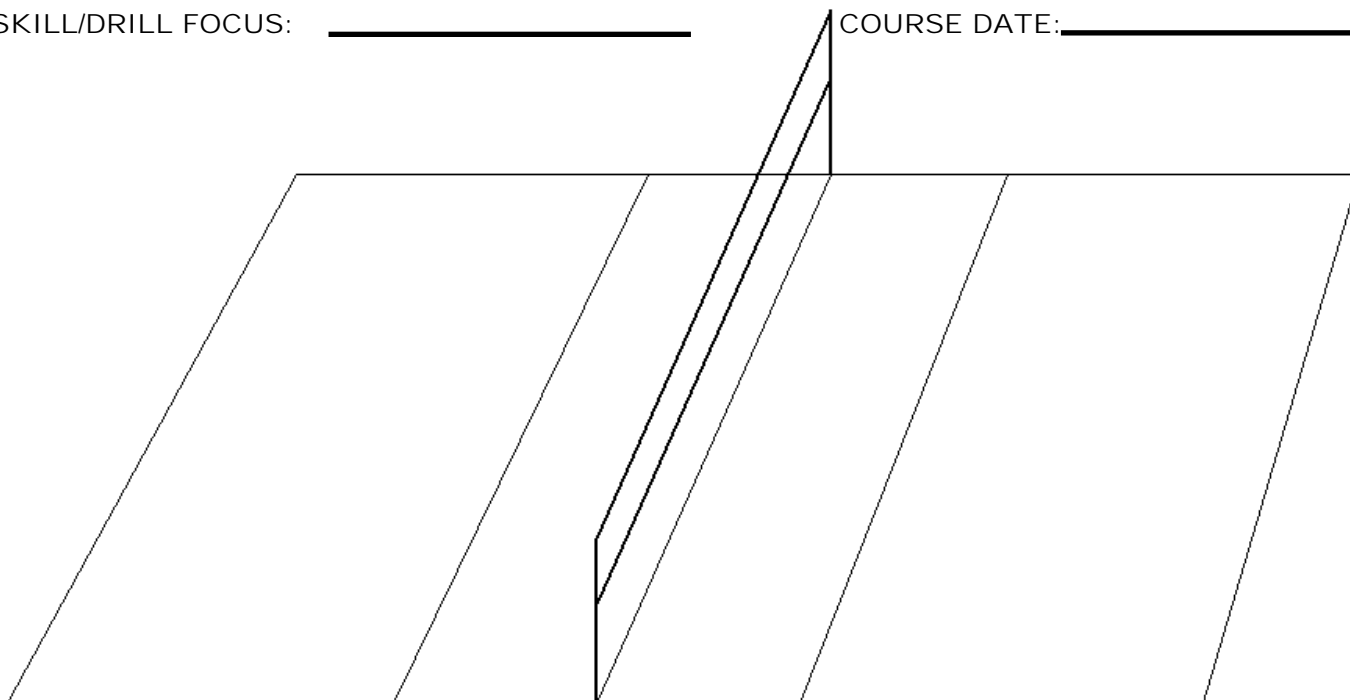


DIAGRAM KEY:

- (S)** = ACTIVE SETTER (**S₁,S₂**)
- P** = PASSER (**P₁,P₂**)
- H** = HITTER (**H₁,H₂**)
- SV** = SERVER (**SV₁,SV₂**)
- D** = DIGGER (**D₁,D₂**)
- B** = BLOCKER (**B₁,B₂**)
- TA** = TARGET (**TA₁,TA₂**)
- TO** = TOSSER (**TO₁,TO₂**)
- C** = COACH (**C₁,C₂**)
- POA** = POINT OF ATTACK
- TP** = TOUCH POINT (**Att Start Pt**)
- PATH OF BALL** →
- PATH OF TIP** ~~~~~→
- PATH OF PLAYER** - - - - -→
- ▭** = 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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