

Everyone is responsible for communication, hard work, and performing multiple positions if it fits.

Minimum Per court to make drill succeed:

tossers: 2-3

setters: 2

passers: 2

attackers: 2

Pass / Set / Hit basic drill:

- toss/pass from right, then middle, then left side
- short court serve from all three

Warm-up:

- arms vs. wall
- basics of drill

Passers Progression:

- Beat the ball, catch, toss (cues: face target, touch floor, feet stopped prior to toss, and at contact)
- Pass (focus on platform angle and hold)
- Pass (weight shift, fold, cover)

Setters Progression:

- Beat the ball, catch, toss to outside hitter (feet stopped, hands high, squared to target)
- Transition from SR locations catch/toss (communicate, footwork off net)
- Same transitions with outside set (set, hold, cover)
- Middle setting?
- Right side setting (probably with catch toss)

Hitters Progression:

- Approach, jump, catch (first set, vertical jump)
- Approach, Jump, tip to target(s) (speed up of approach, high elbow)
- Approach, hit cross
- Same, hit line
- CONSIDER HOW/WHEN TO INCORPORATE ALL HITTER POSITIONS