

# USA VOLLEYBALL

## COACHING ACCREDITATION PROGRAM

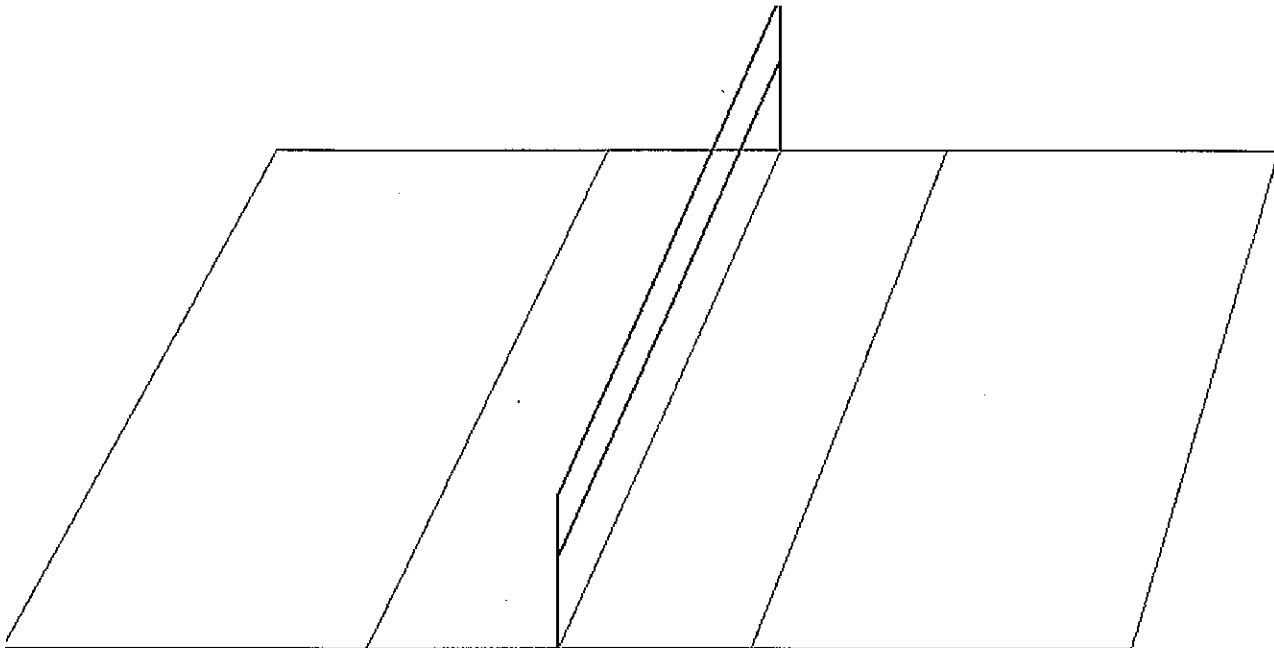
# CAP I FAVORITE DRILL



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

**DRILL AUTHOR:** \_\_\_\_\_ **DRILL CONTRIBUTOR:** \_\_\_\_\_

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



**DIAGRAM KEY:**

- S** = 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** →
- PATH of TIP** ~~~~~→
- PATH OF PLAYER** - - - - -→
- Π** = PLATFORM
- = BOX    = CART

**Purpose:**

**Drill Overview:**

**Scoring/Measurement:**

**Group Size:** (expanded info)

**Intensity/Rhythm:**

**Skill Applications:** to the game

**Variations:** of-the Drill (any stand-alone versions in the database?)

**Coaching Tips:** for running this drill

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

**Other info:** (for anything not yet addressed)

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