

# Libero/DS – Drill Descriptions (20 players on court)

## Serve Receive Passing

Drill Time: 30 minutes

# of Groups: 6 groups

Group Size: 3-4 players per group (Numbers/Groups predetermined)

**Description: We will setup a 3 person passing drill with the following layout on both sides of the court:**

**1 Group Passing, 1 Group Serving, 1 Group Shagging/Target**

**Players will switch passing positions each of their 3 sets.**

Time/Group: 3 sets of 3:00/group (time managed by court manager)

Setup: 1 Group Passing, 1 Group Serving, 1 Group Shagging/Target

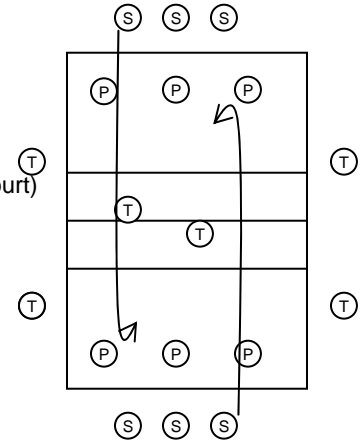
Group Rotation: Serving -> Passing -> Target -> Serving ... repeat (stay on your side of court)

Drill Cues - Please tell the players:

- As soon as a player passes, the next ball is being served.
- Make sure no consecutive serves are to the same person.

For example: If the player in Zone 6 passes, the next serve should go to Zone 1 or 5.

- This is a passing drill, not a serving drill. Please keep your serves in play.



## Defense - 2 Touch Controlled Pit Drill

Drill Time: 30 minutes

# of Groups: 10 (5 groups on each side of the court)

Group Size: 2 players/group (Numbers/Groups predetermined)

**Description: This controlled pit drill will force players to make 2 contacts on every ball put in play. Coach will stand at the net and enter a ball by hitting a controlled downball, tipping the ball, tossing the ball deep or any way they wish. PLEASE KEEP THE DRILL UNDER CONTROL. A player must play the first ball. The other player must step in and set or pass the second ball to a target on the left or right side representing an out of system attacker.**

**We encourage the coaches to mix in hard driven balls with off-speed shots, tips and pursuit balls.**

**A quick demo is a must and it will run smoothly.**

**The goal of the drill is to demonstrate digging ability, athleticism and ball control.**

Time/Group: 2 sets of 2 minutes/group (time managed by court manager)  
(2:30 minutes x 5 groups x 2 times though = 25minutes)

Setup: 1 group on "splitting" the court. Coach at net with group handing and targeting. 3 groups surrounding the court shagging\*

Group Rotation: Hitting -> Shagging Deep -> Shagging Net -> Handing -> Hitting ... repeat