

Middle Hitters – Drill Descriptions (20 players on court)

Touch/Jump Testing (Court Coaches go with their group)

Drill Time: 10 minutes

of Groups: 3 groups

Group Size: 6-7 players/group (Numbers/Groups predetermined)

Description: Using the assigned stations, we will measure: Height | Standing Reach | Approach Touch
Each player will have two attempts at their approach touch. NO MORE. We have 1 Vertec machine per court so we must be efficient.

Time/Station: 3 minutes/station (time managed by member of handing group)
(3 stations x 2 minutes/group = 6 minutes)

Setup: One group/station for allotted time.

Testing Rotation: Height -> Standing Reach -> Approach

Blocking Footwork

Drill Time: 5 minutes

of Groups: 2 groups

Group Size: 10 players/group (Numbers/Groups predetermined)

Description: Players will be doing 3 step blocking footwork with jump to the right and left. A simple, brief demo is encouraged.

Goal is to evaluate technique.

Time/Group: 3-Step to the Right: 2:30 minutes (time managed by court manager)
3-Step to the Left: 2:30 minutes

Setup: 1 group of 10 on each side of the net.

Blocking Chase

Drill Time: 10 minutes

of Groups: Same groups

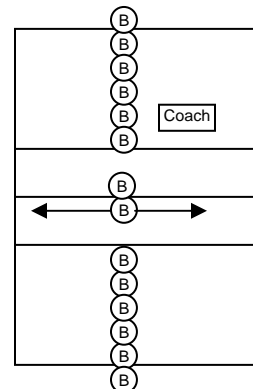
Group Size: Same groups

Description: Players line-up on each side of the court. One blocker is at the net on each side in the middle of the court. Players are face to face. A coach standing on one side indicates with a hand signal to the opposite middle which direction to go. The player quickly begins 3-Step footwork to that side. The other middle “chases” in an attempt to catch the first middle using 3-step footwork.

Goal of drill is to show reaction time and footspeed of middles while executing a read block.

Time/Group: 1st group reading for 5 minutes (time managed by court manager)
2nd group reading for 5 minutes

Setup: See Diagram



Rhythm Hitting

Drill Time: 15 minutes

of Groups: 4

Group Size: 5 players/group (Numbers/Groups predetermined)

Description: Middles will hit slide, high left side and high right side ball to show versatility. Coach will be tossing from middle of court consecutive balls until time runs out.

Slide Attack: 90 seconds per group

High (3rd Tempo) Outside: 90 seconds per group

Setup: 1 group hitting, 1 group handing, 1 group shagging deep, 1 group shagging at the net*

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

Setters/Middles Combined

Drill Time: 20 minutes

of Groups: 4

Group Size: 5 players/group (Numbers/Groups predetermined)

Description: Setters and middles will combine to run 1st tempo attacks. 10 middles and 2 setters will be on the court at a time. Middles will hit and switch lines. Setters will switch positions after 10 sets. After their second set of 10 sets, a new setter group comes on. Once all setters have set each set 10 times switch to a new combination.

The tosser is the next middle in line. Middles are responsible for retrieving their ball from the extra setters that are shagging.

Setup: 2 setters on, 6 setters shagging, 10 middles hitting

Reps/Group: Each setter sets 10 balls for each attack. Continue until all setters are through. Middles will attack 160 balls (approx. 16/player).

