

## Outside 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 machines/court so we must be efficient.**

Time/Station: 3 minutes/station (time managed by court manager)  
(3 stations x 2 minutes/group = 6 minutes)

Setup: One group/station for allotted time.

Testing Rotation: Height -> Standing Reach -> Approach

### Left Side Hitting

Drill Time: 12 minutes

# of Groups: 4 groups

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

**Description: We will do simple rhythm hitting drills. One coach tossing. Balls will be tossed high (3<sup>rd</sup> tempo) from the middle of the court to the left side and the players will be responsible to approach and execute the attacks listed below. A target will be placed in the areas we want the players to hit to give a visual cue:**

**Power Seam:** As hard as they can hit it up the middle of the court

**Line:** Swing to Zone 1. Anything goes.

**Hard Cross (Cut Shot):** Swing to Zone 4/5. Anything goes.

Time/Group: 2 sets of 1:15 minutes/group (time managed by court manager)  
(1:15 minutes x 4 groups x 2 times though = 10minutes)

Reps: Each player will receive a total of approximately 20-30 swings depending on the speed of the drill and how efficiently they are hitting. *The drill is done on time only so the number of reps does not matter.*

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

### Right Side Hitting

Drill Time: 12 minutes

# of Groups: Same groups

Group Size: Same groups

**Description: We will do simple rhythm hitting drills. One coach tossing. Balls will be tossed high (3<sup>rd</sup> tempo) from the middle of the court to the right side and the players will be responsible to approach and execute the attacks listed below. A target will be placed in the areas we want the players to hit to give a visual cue:**

**Power Seam:** As hard as they can hit it up the middle of the court

**Line:** Swing to Zone 5. Anything goes.

**Hard Cross (Cut Shot):** Swing to Zone 2/1. Anything goes.

Time/Group: 2 sets of 1:15 minutes/group (time managed by court manager)  
(1:15 minutes x 4 groups x 2 times though = 10minutes)

Reps: Each player will receive a total of approximately 20-30 swings depending on the speed of the drill and how efficiently they are hitting. *The drill is done on time only so the number of reps does not matter.*

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

**Serve Receive Passing**

Drill Time: 25 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 2:30/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.

