



**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 1<sup>st</sup> 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 (16/player).

"1" / "Slide" Combination "31" / "Back 1" Combination

