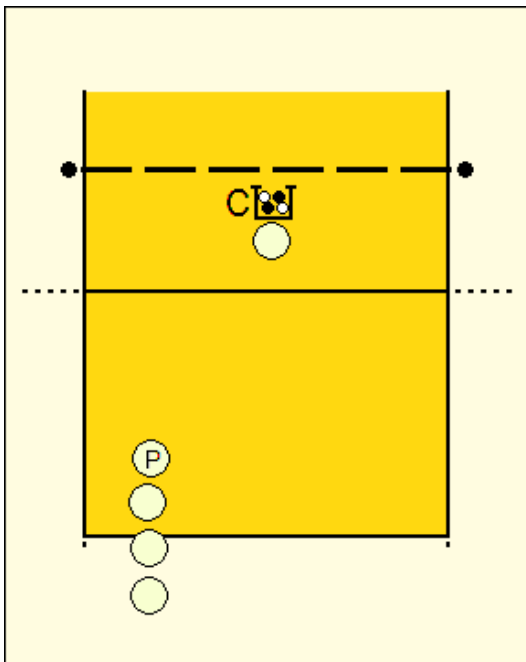




Drill	Big "M" Passing Drill
Purpose	Training players to move and pass accurately
Notes	The coach should toss balls quickly to keep the player constantly moving

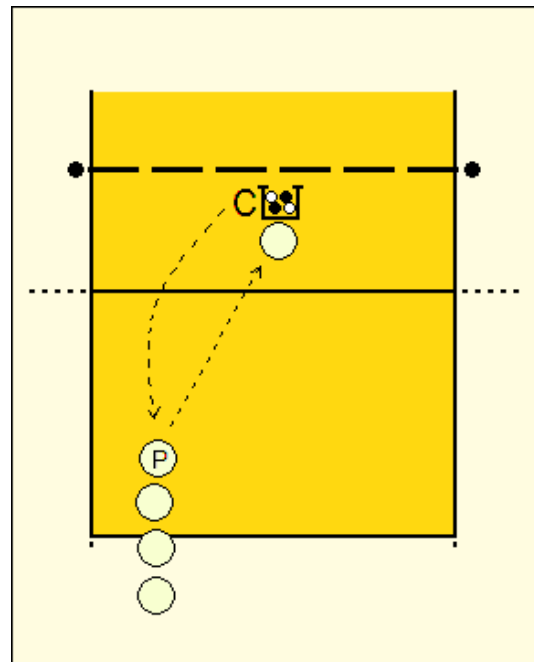
Step 1



Starting Position

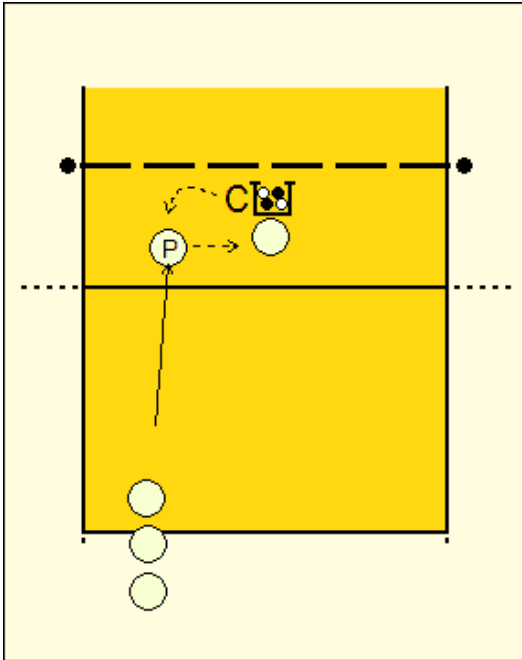
- The coach will stand at the net in the middle
- The coach will need one player to catch the balls that are passed
- This drill is called Big M because of the pattern the player will make during the drill
- We are focusing on accuracy and movement

Step 2



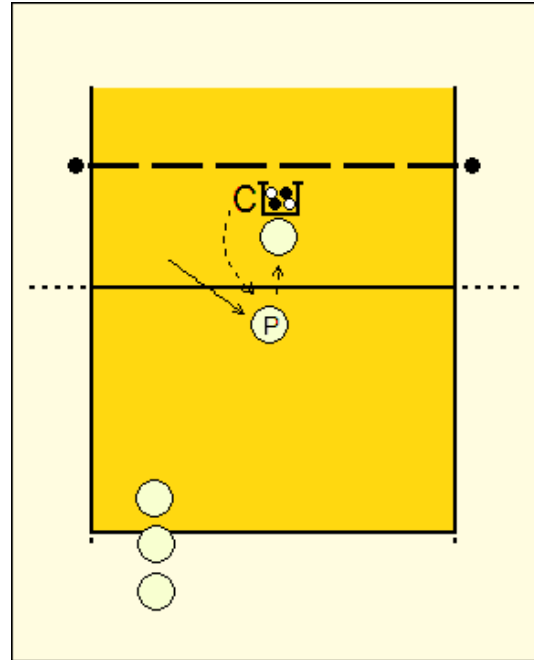
- The coach will spike a ball at the first player in line
- The spike should be similar to receiving serve
- The player will pass the ball to the target the entire drill (the person by the coach)

Step 3



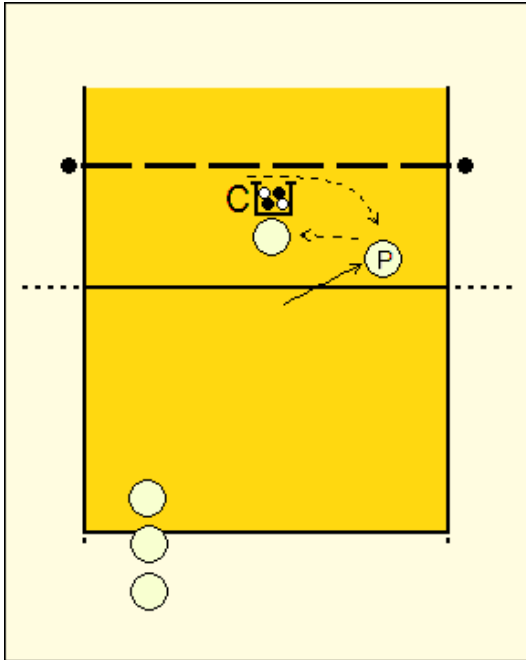
- After passing, the player will run forward, and the coach will softly throw the ball
- This throw will be similar to a hitter tipping the ball
- The player will pass the ball to the target

Step 4



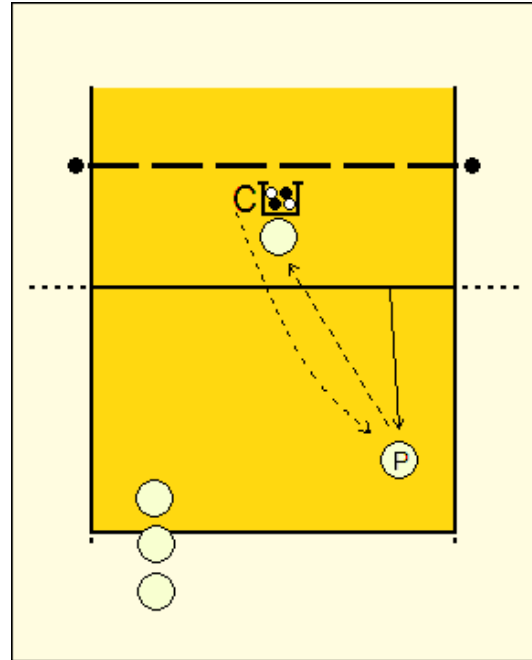
- The player will move behind the attack line for the next pass
- The coach will again throw the ball to the player
- The ball should be thrown so that the player is passing the ball on the move
- The player will pass the ball to the target

Step 5



- The player will move past the attack line on the other side of the court
- The coach will throw the ball to the player
- This should also be similar to a tip from a hitter
- The player will pass the ball to the target

Step 6



- The player will then run back towards the corner of the court
- The coach will lob the ball so that the player has to hurry to catch up to it
- The player will pass the ball to the target
- You have completed the drill and are ready to begin with the next person in line