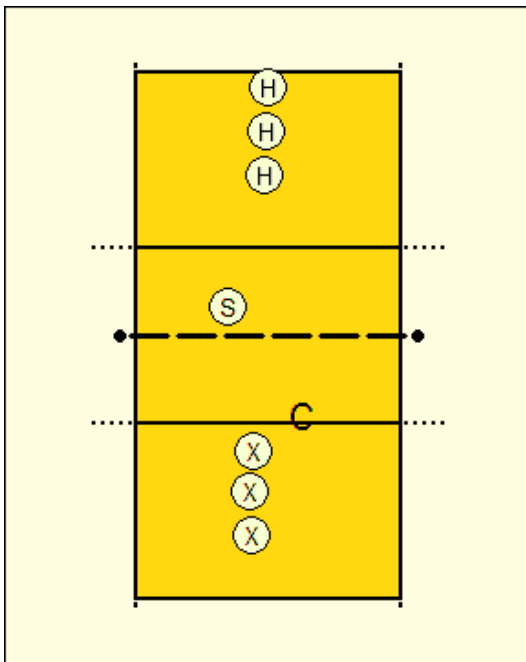




<b>Drill</b>	Blockers vs. Hitters Drill
<b>Purpose</b>	Have a fun competition while working on hitting and blocking skills
<b>Notes</b>	This is a good drill to run at the end of practice to finish up

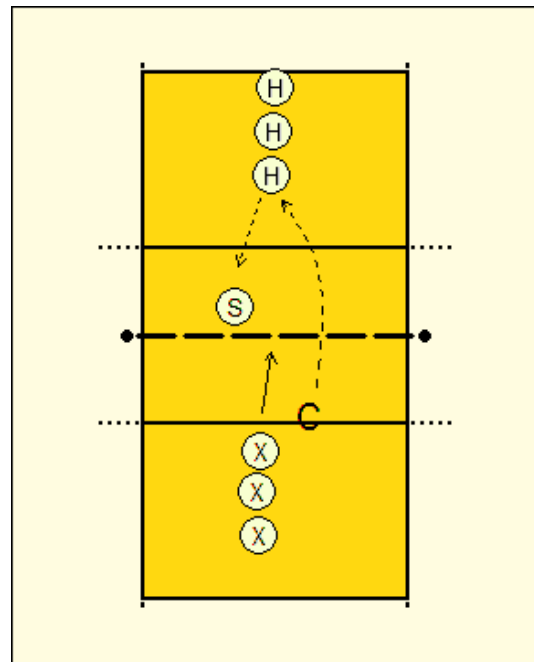
### Step 1



#### Starting Position

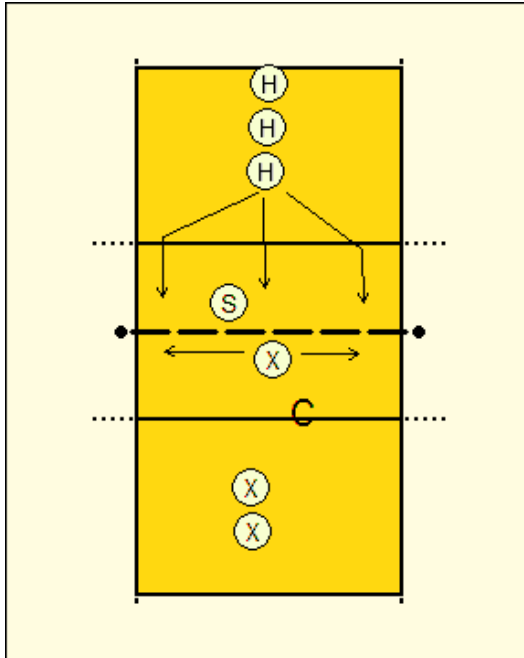
- The coach will stand on the same side of the court as the middle blockers (X)
- The outside hitters and opposite hitters will form a line on one side (H)
- The middle blockers will form a line on the other side (X)
- The setter (S) will be at the net on the side where the hitters are

### Step 2



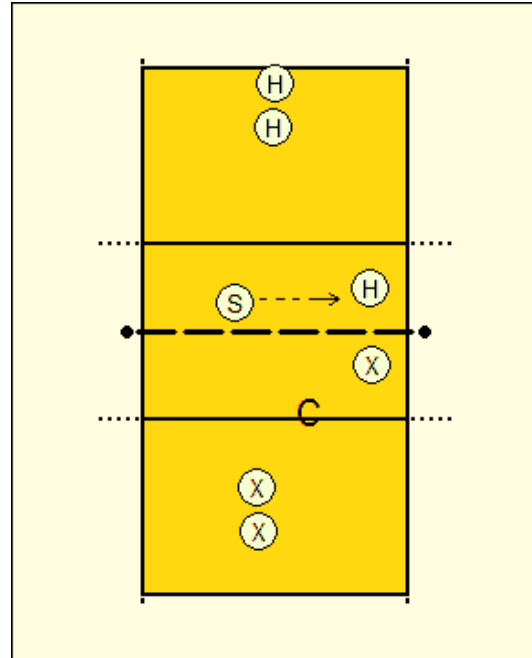
- The coach will throw the ball to the first hitter in the line
- The hitter will pass the ball to the setter
- The first middle blocker in line will come up to the net when the coach throws the ball

### Step 3



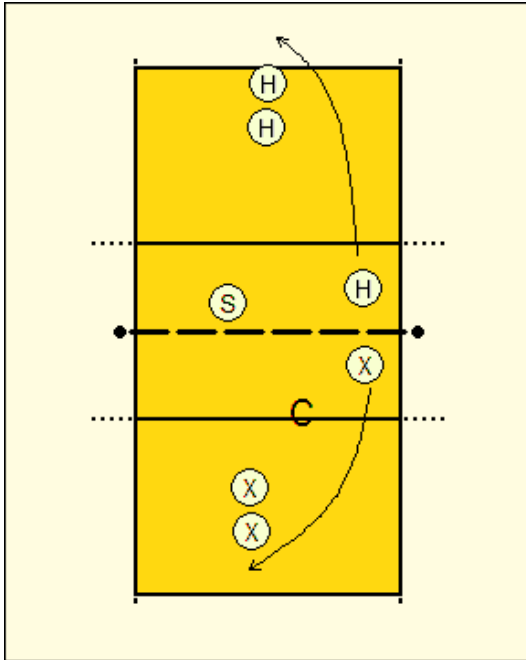
- As the hitter passes the ball to the setter, they will call out the play that they want
- Any play within the offense can be called
- The middle blocker will follow the hitter and get in position to block

### Step 4



- The setter will then set the ball to the hitter
- The hitter will try to hit it past the block
- The blocker will try to block and have the ball land on the hitter's side of the net

## Step 5



- If the hit was successful, the team of hitters will get one point
- If the block was successful, the blockers will get one point
- The players will go to the end of their lines and the drill continues
- The first team to get to their goal wins. The goal for the hitters is 11 points and the goal for the blockers is 3 points.

## Variations

- If your blockers are not at the same skill level as the hitters, you can change the scoring to 11/11. 11 successful hits, or 11 touches (whether successfully blocked or not) by the blockers
- Two blockers per hitter can be added to increase the difficulty for the hitters
- If desired, the losing team can do some sort of conditioning for losing. This will add to the competitive level of the drill