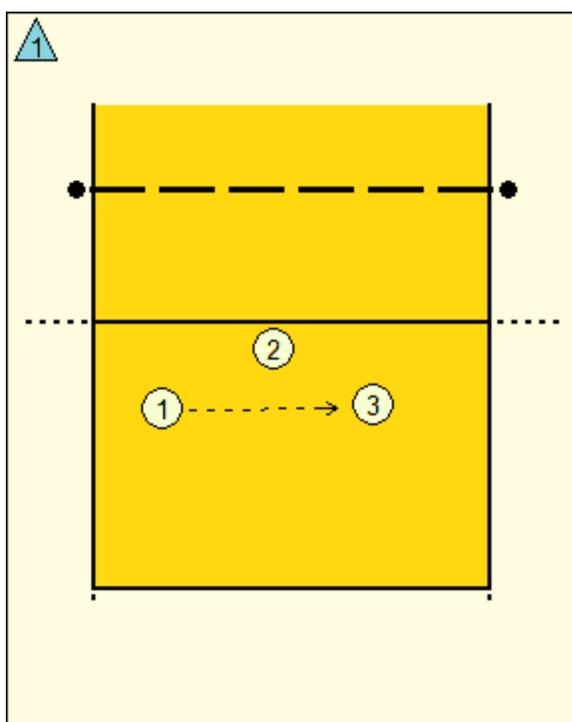




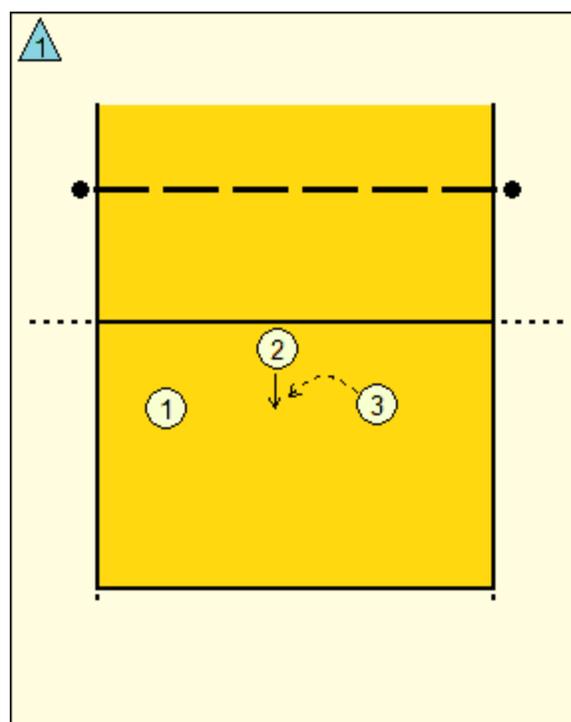
Drill	Russian Pepper Drill
Purpose	Practicing fundamentals of passing, setting, hitting, and digging
Notes	Focus on proper technique and ball control

### Step 1



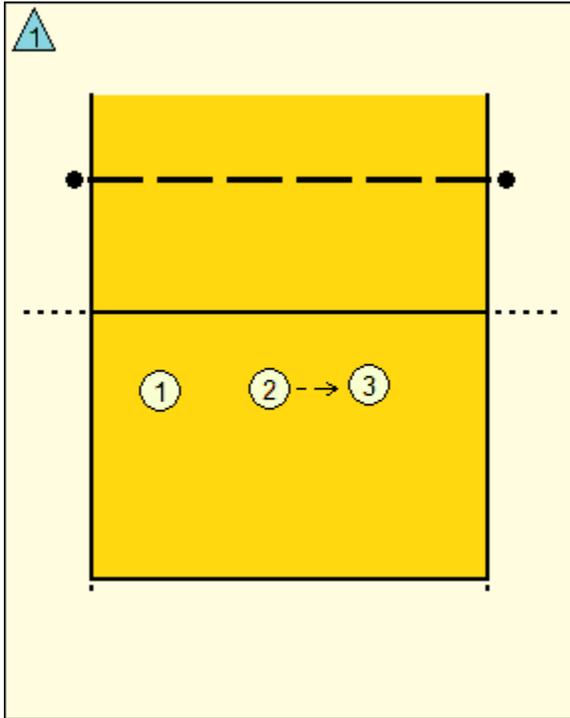
- Ball control is the main focus in all stages of this drill
- Player 1 will hit the ball to player 3
- As the hit goes by, player 2 will step back into the middle

### Step 2



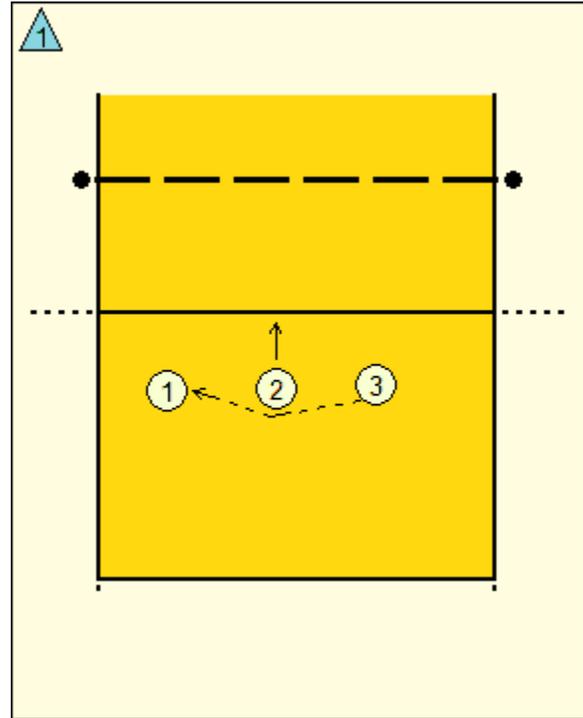
- Player 3 will dig the ball and pass it to player 2
- Player 2 will have moved into position to receive the pass

### Step 3



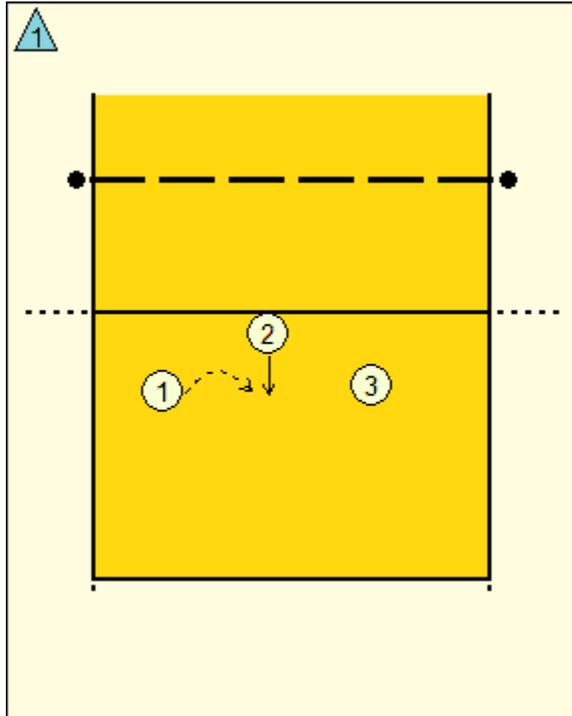
- As player 2 receives the pass, they will set the ball to player 3
- Player 2 will be the setter during all stages of this drill

### Step 4



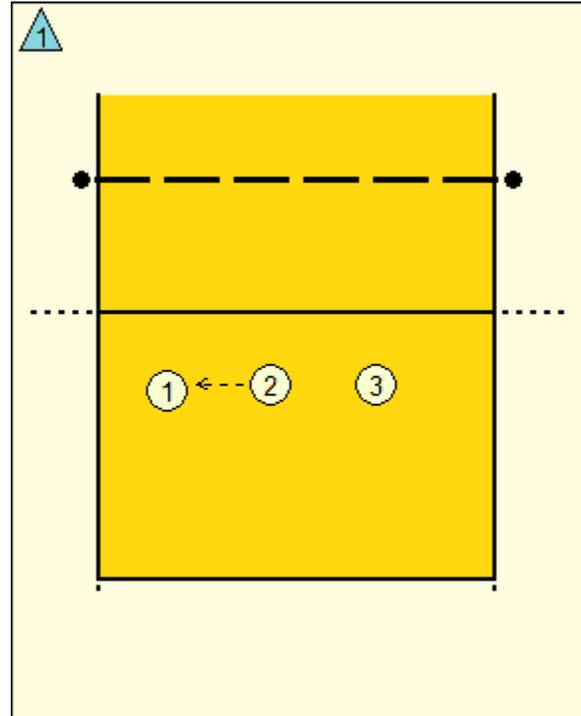
- After the set, player 2 will then step out of the way
- Player 3 will hit the ball to player 1
- Player 1 will be prepared to dig the hit

### Step 5



- The drill will now repeat with player 1
- Player 1 will pass the ball to player 2
- Player 2 will step into the middle to receive the pass

### Step 6



- Player 2 will receive the pass and set the ball to player 1
- Player 2 will then step out of the way
- Player 1 will hit the ball to player 3 and the drill repeats back to step 1
- After a period of time, rotate positions so that all players get practice their skills in passing, setting, hitting, and digging
- This is a great drill to focus on all fundamental skills of volleyball