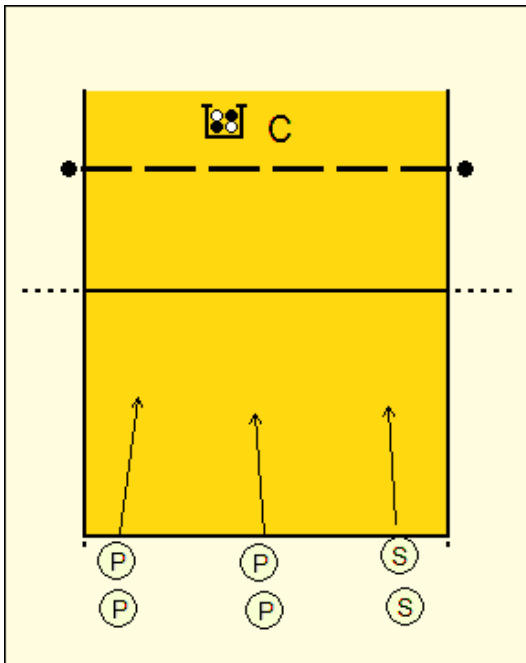




Drill	Volleyball Offense Drill
Purpose	Practicing simple offense consisting of passing to setter, setting to hitter, and hitter hitting the ball.
Notes	This will simulate your typical three hit volleyball sequence during a game.

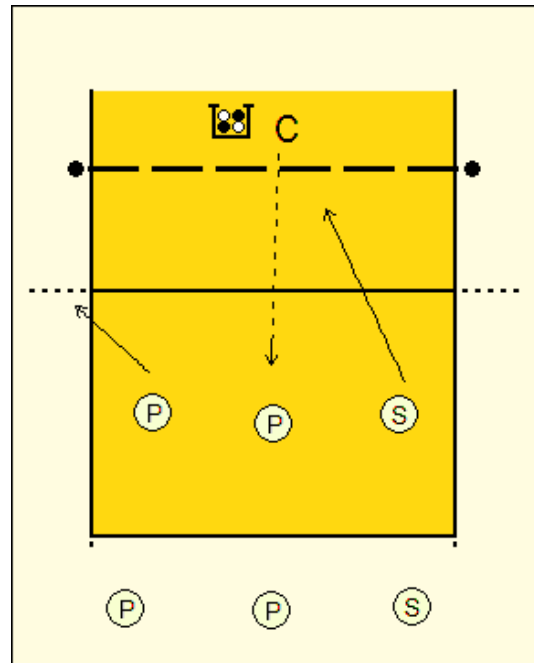
Step 1



Set Up

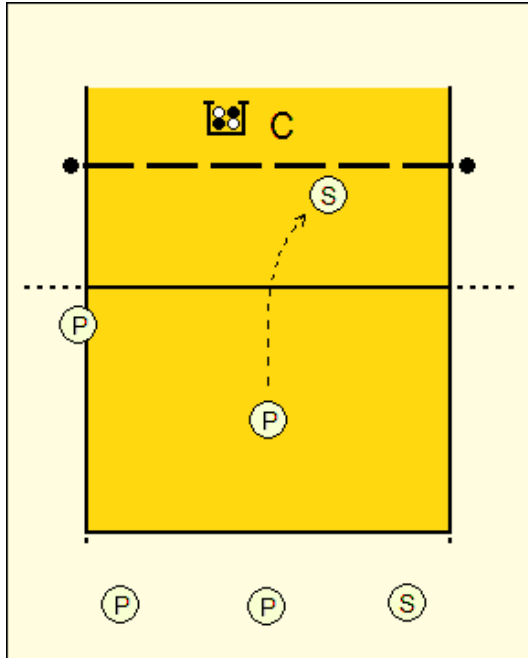
- The coach will keep a basket of balls on the other side of net
- 3 lines of players will be formed outside of court
- Setters will be in the right line
- First 3 players will step on court

Step 2



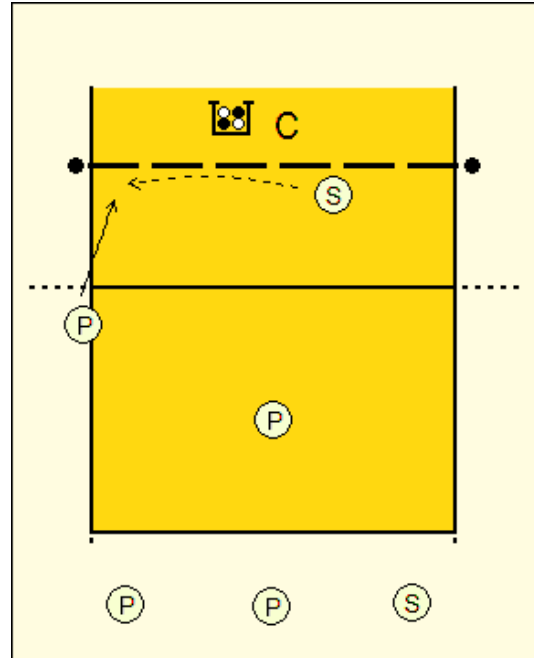
- The coach will toss or hit the ball to the player in the middle
- As this is happening, the setter moves into setting position
- The hitter on the left hand side moves into position to start their hitting approach

Step 3



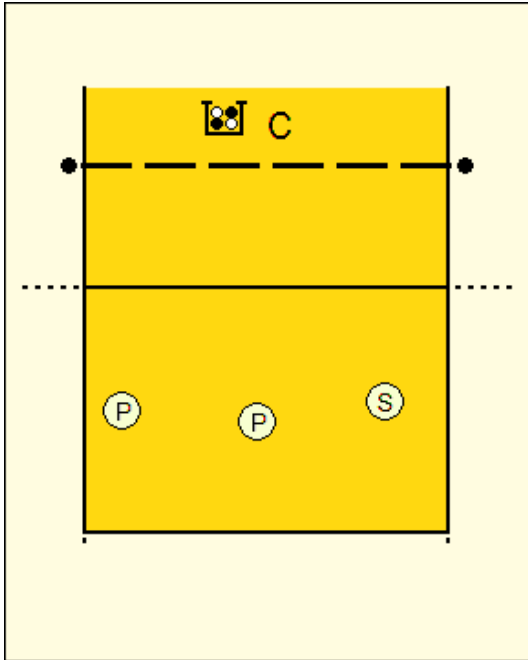
- The player in the middle will pass the ball from the coach to the setter
- The outside player is watching the pass to start timing their hitting approach

Step 4



- The setter will then set the ball to the outside hitter
- Outside player will start their four step approach as the setter gets the ball and hit it

Step 5



- The next 3 players step on the court and the drill is repeated

Notes

- This drill works best to have the setters in the line at the right. This allows them to get plenty of practice setting to their hitters.
- All other players should alternate the line so that they get practice both passing and hitting.
- Once the team is proficient in the drill, a blocker could be added on the coach's side of the net.
- This drill simulates running a simplified version of the offense that would be used in game situations.