



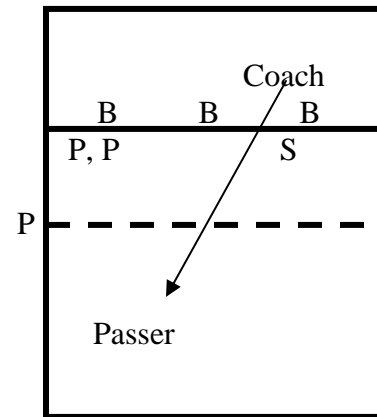
Drill Name: Attack Communication from Passer

Purpose:

- This drill is designed to allow passers to communicate with Attackers where they should place the ball.
- Passers will have a look at the block or set position and communicate with the Attacker where they should swing.

Description:

- Line of attackers in Power (Alternate this drill From Middle and Rt. Side)
- Coach will put in ball to passer in back row behind the attack ie. Power Attack- passer in 5, Middle Attack- passer in 6.
- 3 Blockers on other side of net.
- Passer gives the ball to setter, who sets Power attacker. Passer then follows the set, looks at the block and lets the attacker know where to swing (Coach can come up with system of calls, 1 will indicate line, 2 seam, 3 cross court).
- After 3 successful attacks each to the position called by the passer, the drill finishes.
- Complete this drill from Middle, and Rt. Side.
- Switch blockers every 10 sets.
- To start at a lower level, have the blockers give a specific shot ie. Block cross, to give line, Leave seam shot available, Block line to give cross.



Alternate Drill:

- 6 athletes on both sides switched out in position.
- Coach alternates free balls to both sides.
- The person in back row behind the attacker is responsible for having a look at the block and then letting the attacker know where they should attack.

Key to the Drill:

- After passing the ball to the setter, the passer then follows in directly to cover behind the attack.
- This will offer the best vantage point of the block.
- Once the set is released, the passer has a look at the block to see what shot is available.
- This makes it much easier for the attacker who is tracking the ball. They hear the verbal cue from the passer and then make their swing.