



## Stabilize Attack

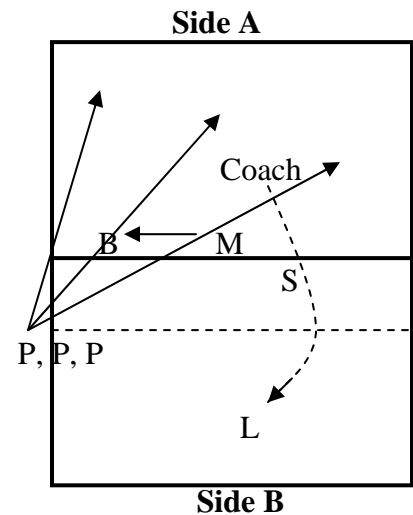
**Drill Name:** Attack vs. Block (Shot making)

**Purpose:**

- This drill is great for endurance and for attacking to a specific position around a block. Athletes are forced to look at the blockers hands and positioning along the net to determine where they should place the ball while attacking.

**Description**

- 2 Blockers (Post and Middle) will establish their position on Side A. (Switch middle blocker after 5 blocking attempts).
- 3 Attackers lined up one behind the other on Side B
- Coach can toss to setter, or introduce a Libero to play the ball to setter.
- Attacker must approach the ball and look at the block. If the block is inside, athlete must choose to swing Down the line. If block is closed to post, swing Cross. If seam is available, swing to position six. **(Blockers will give a specific shot)**
- Each athlete will take a turn and fill in behind the next Attacker. They must complete 5 successful attacks (coach will judge if they read block appropriately) to finish the drill.
- Complete the same drill from Right Side and Middle.
- Alternate setters through out the drill.



**Alternate Drill:**

- Have 1 attacker complete the drill on their own, they must complete 5 successful attacks to finish drill.
- Coach can add targets (lay mats on floor) for specific attack zones.
- Have blockers actually attempt to block ball, they are still taking a specific area, however if the ball is there...block it!
- Alternate setters (coaches choice)



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### **Key to the Drill:**

- Attackers need to get a good look at the block.
- Coaches let your blockers know that you want them blatantly giving a specific shot. This will give your attackers an easily identified choice (line, cross, seam) when learning this new skill.
- Attackers should find the ball early during their approach. When they adjust to the set, they then look directly at the block. It should be determined then, how much space is between the block and the antenna (line), if there is space between the blockers hands (seam), or if the block is tight to the antenna (cross).
- In this split second, the attacker will decide which shot to make. Appropriate arm swing and body positioning will then enable the athlete to place the ball accurately.