



Basic Skills Active Warm-up

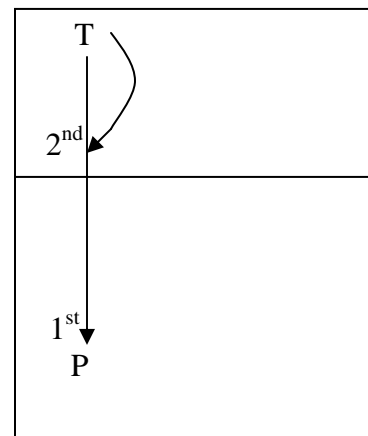
Drill Name: Longs and Shorts (2 Contacts)

Purpose: Active Movement, Increased Contacts, and Control Passing Distance

- This drill can be used as part of an active warm-up. This drill is great for movement and increased contacts. An athlete should get 100 + contacts during the warm-up before moving on to other skill sets.

Description:

- Group of 2 (one side)
- Target (T) at the Net, Passer (P) on end line
- Target tosses ball to Passer who makes right choice of skill based on ball trajectory, and passes ball to target
- Passer then releases to net, to dig a tip or short volley (Target will use a controlled tip or volley to keep the ball in play for the 2nd contact)
- Passer will do this 10 x's and switch



Alternate Drill:

- Target will use a down ball to put the ball into play
- Only a perfect pass will be counted
- Increase the specified number of contacts

Key to the Drill:

- Platform Angle- When passing at a great distance to the target the platform angle should be decreased (45 degrees or slightly less) and the legs should be used to push the ball to the target, again keeping the weight moving forward. After the first contact is made, the passer should release to the net staying low, and alternate the platform angle accordingly.
- Please note- The closer the pass is to the net, the higher the platform should rise (parallel to the floor), and the passer's seat should be underneath the passing platform. This keeps the ball from traveling into or over the net into your opponent's territory.