



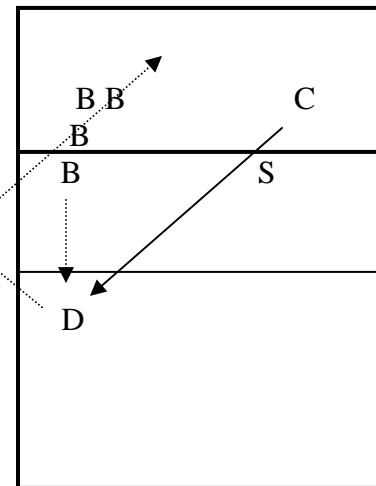
Drill Name: Standard Transition Defense to Attack

Purpose:

- This drill is great for getting your athletes off the net, ready to play defense and ready to move to an appropriate attack position.
- Too many athletes play the ball defensively, and then forget to move outside the court for a full spike approach.

Description:

- Coach in position to attack balls (either from box, or off court) at transition defender.
- Blocker at net, line of blockers on other side ready to fill in.
- Blocker jumps to imitate block, then quickly move off net to Pre-Defense.
- Coach attacks ball at Defender, Defender passes ball to setter, and quickly moves outside court for full spike approach.
- Setter delivers set.
- Attacker plays ball over the net, next person in line fills in. Attacker moves to end of line.
- Must get 5 transition digs to attack each to finish drill.
- Anyone not participating, can collect balls and keep the rack full.



Alternate Drill:

- Do this with all Power hitters, then all Right Side hitters.
- Have Middles just block and then hustle off the net for a full spike approach. Coach would toss balls to setter, or have Libero pass the ball.

Key to the Drill:

- When a blocker is moving off the net to a Pre-Defense Position, have them step with their inside foot first, so their hips are always turned into the court and facing the ball.
- Too many passers get caught admiring a good pass, or forget about getting ready for the next play.
- Have your attackers, play the ball and immediately move outside the court to get ready to attack the ball.
- An attacker is much more effective when they have a full spike approach rather than a standing jump.