



ATTACKING DRILL IDEAS

Arm-swing mechanics

- Throw to partner (all away & all cross)
- Bounce into floor to partner
- Non-hitting hand low toss, hit to partner
- Non-hitting hand high toss, hit to partner
- Jump & hit to partner

Hand contact and fundamental training (top spin emphasis)

- Hand contact series (use entire hand, including fingers)
 - Straight line
 - Toss, step left then right, hit cross court to the right
 - Away from midline
 - Toss, step left, hit line shot, left arm over shoulder
 - High hand
 - Finish high hand, lots of snap
- Coach toss, head the ball
- Machine gun (quick fire tosses in a row) - groups of 4 – hit to target
- Three passers, swing and hit
- 2 on 2 tip game
- Dig transition to attack
- 3 in a row under the net
 - Fast, 3 repetitions, finish chin down
- Self toss, attack over net to partner
 - High hand contact, top spin, control ball, see how many in a row
- 3 meter to 3 meter cross court
 - Over the net, self toss
- Self toss attack w/no net
 - Toss with spiking hand, finish chin down
 - 2 step, 3 step, 4 step approaches
 - Away and cross shot
- Coach toss attack w/no net
 - Toss with spiking hand, finish chin down
 - 2 step, 3 step, 4 step approaches
 - Away and cross shot
- Coach toss attack w/net
 - Toss 2 ball

- 2 step, 3 step, 4 step approaches
- Attack to moving target
 - Coach toss 4's
 - Digger on opposite end line moving side to side
- BR/FR, 2 balls in a row, from white
- FR/BR, 2 balls in a row, from white, 2nd ball going backwards
- Fake pass, move outside of cone, hit outside
- Dig, move outside to hit
- Pass free ball, move outside to hit, come back to dig, attack
- 3 balls in a row attack (4, 3, 2 step)
- Block to attack (keep eyes on ball, into the court)
- Hit line, transition, hit cross
- Hit 4 position cones (line, deep seam between block, deep corner over block, cross)
- Attack with in-system set, transition, hit out of system set
- Tip off blocker's hands
- Attack off blocker's hands
- Attack line vs. block
- Attack seam vs. block
- Attack cross vs. block
- Attack vs. 2 blockers moving
- Hit outside, hit 2 ball combo
- Hit outside, hit 2, hit outside combo
- RF hitter, 9, 2, slide combo
- RF block, lib passes, hit 9, lib passes, hit 2
- LF, RF outside setting out of system to hit
- 2 vs. 2 continuous (deep court)
 - Always cross, always line, alternate
- 3 vs. 3, attack on 2nd ball
- 3 vs. 3 w/setter (deep court)
- 3 vs. 3 w/setter (front court)
- 4 vs. 4 including setter OH hit front court only
- 4 vs. 4 w/back-row option
- 3 vs. 3 RF attack w/ back-row option
- 3 vs. 3 right-side back-row only
- 4 vs. 4
 - One side w/OH, S, DS, MB, the other side w/RS, S (back-row), MB, DS
- OH vs. 6
 - Must kill 4 of 8 to finish

MB specific work:

- MF transition footwork
 - From middle blocking position, turn right and turn left

- RF transition footwork
 - From RF, turn right and turn left
- LF transition footwork
 - From LF, turn right and turn left
- 1-3 combo
- 1-slide combo
- 3-slide combo
- 3-q combo
- 3-q-1 combo
- 3 step-2 step combo (turning right and left)
- Attacker self pass overhand to attack 1
 - Progress to coach initiated
 - Progress to coach initiated w/setter movement
 - Progress to underhand pass w/setter movement
- Hit 1's to targets
- Hit 3's to targets
- Hit q's to targets
- Hit slides to targets
- LF transition w/live pass
- MF transition w/live pass
- RF transition w/live pass
- MF transition w/2 balls
 - 1/3 combo
 - 3/q comboc
- 3 ball weave
 - M1 emphasize q/3/slide combo
 - M2 emphasize 3/q/1 combo
- Hit a 1 vs. single block
- Hit a 3 vs. single block
- MB vs. 3 blockers (any set)
- MB vs. MB (any set no slides)