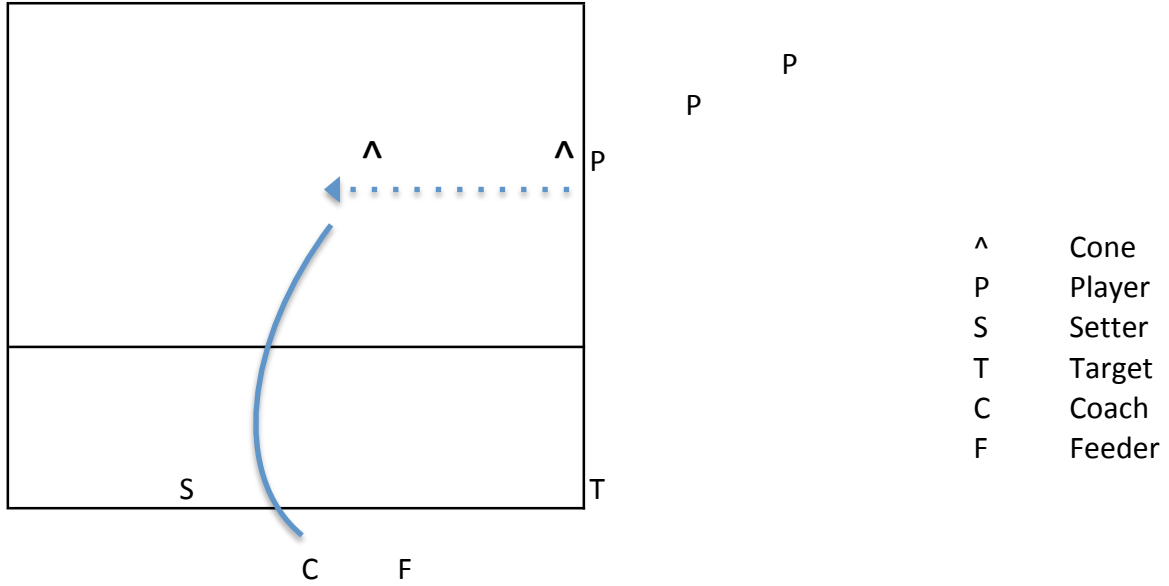
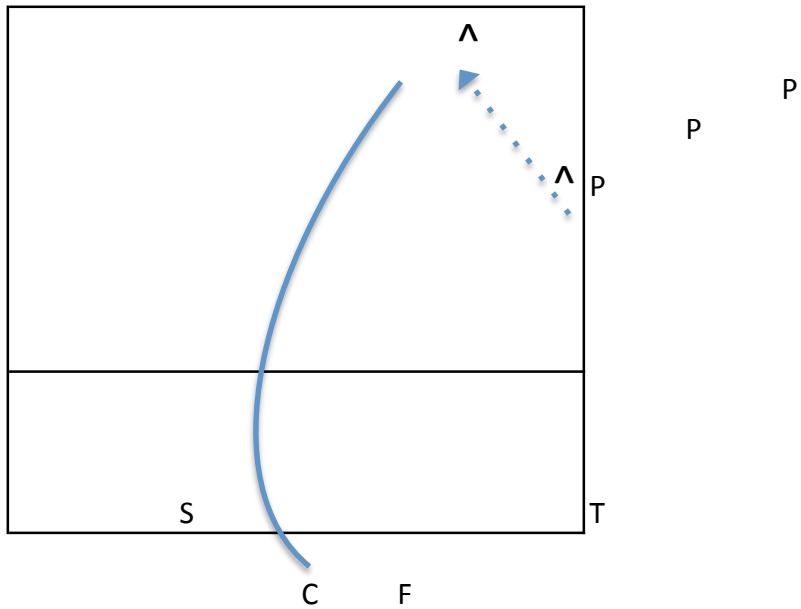


3-Person Serve Receive Passing System - Hard to the Right

Cone Drills - Progression 1

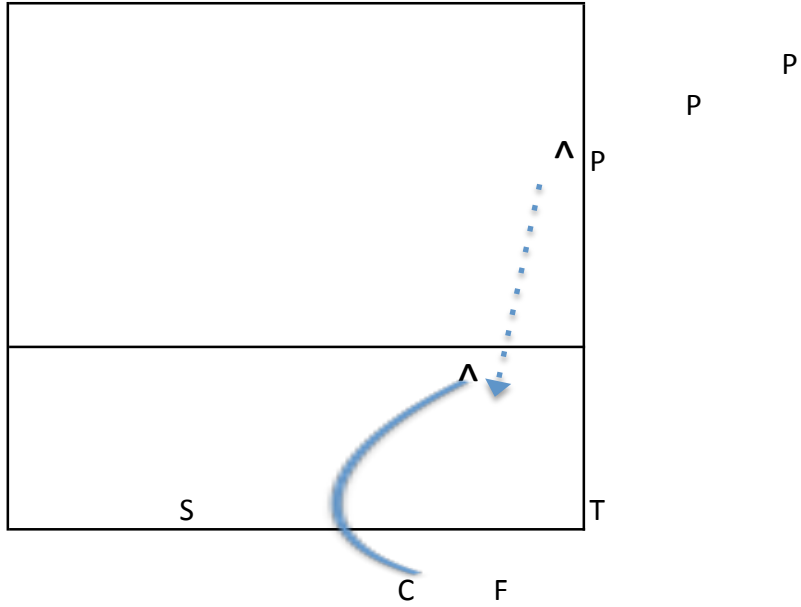


Cone Drills - Progression 2

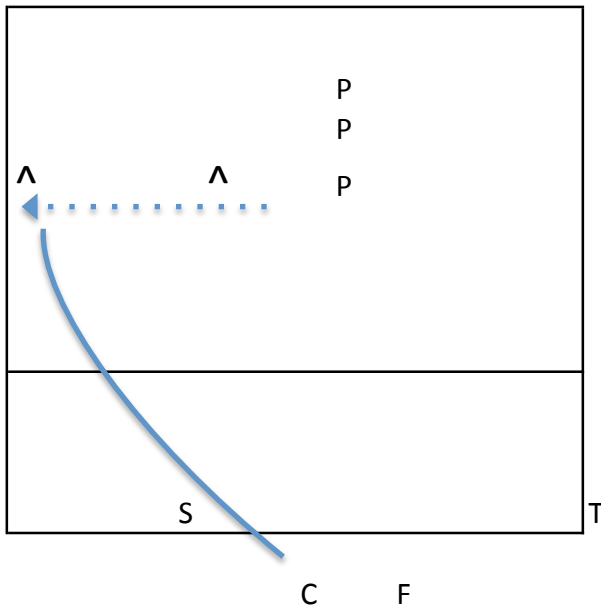


3-Person Serve Receive Passing System - Hard to the Right

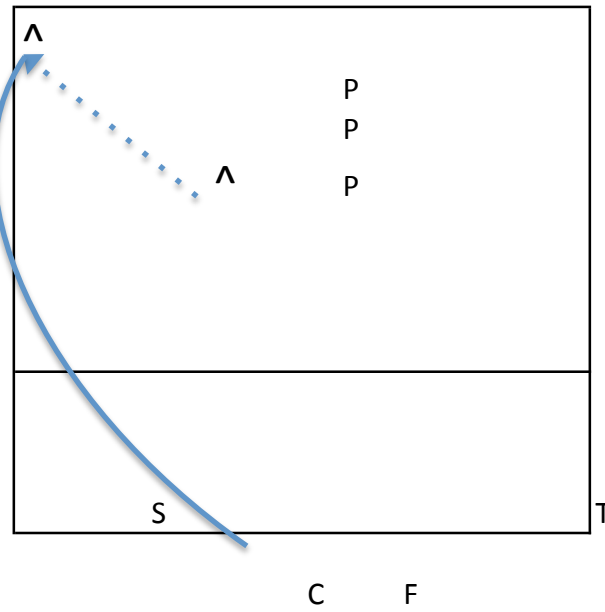
Cone Drills - Progression 3



Cone Drills - Progression 4



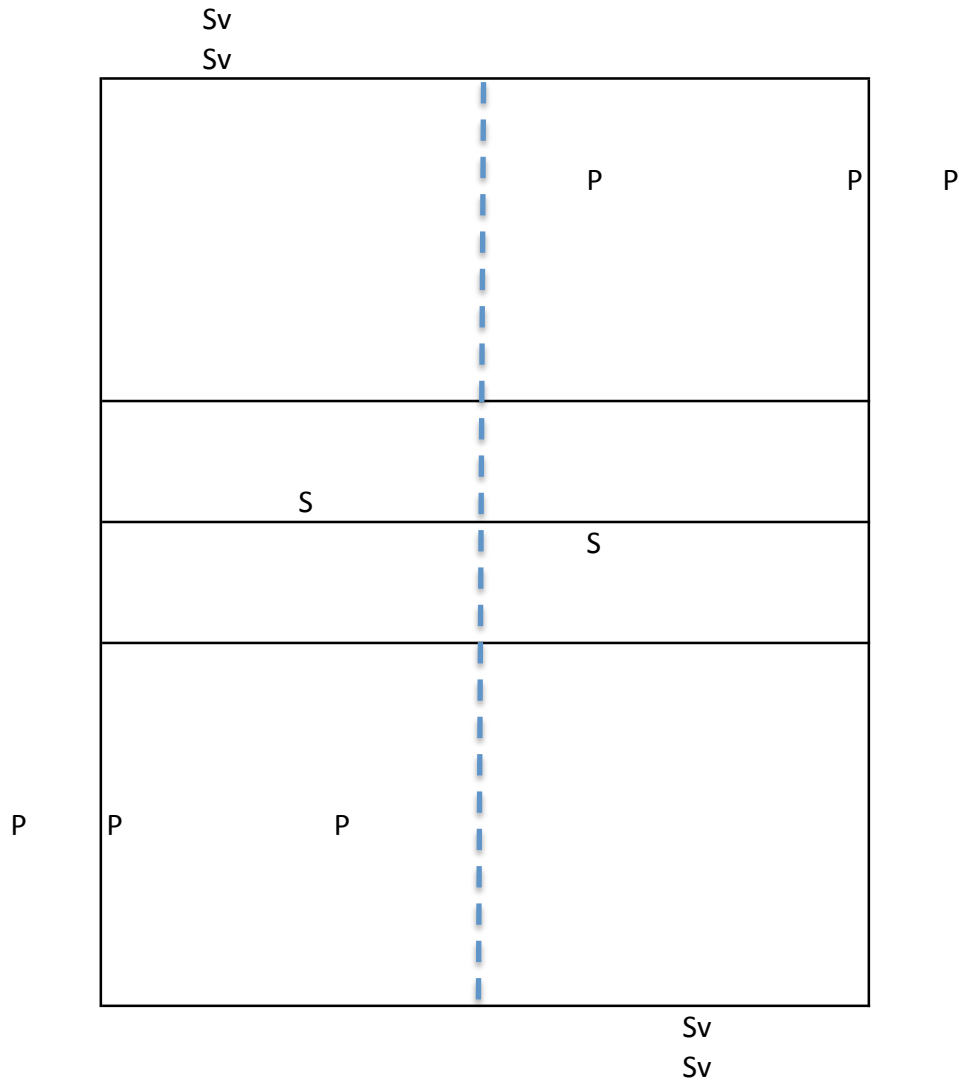
Cone Drills - Progression 5



3-Person Serve Receive Passing System - Hard to the Right

25 Point Drill

Full team versus the clock. Throughout the season, teams should be attempting to best their time. In this cooperative drill, setters announce running score after each pass, based on the value of the pass. Both setters are working off the same total score. Perfect pass is +3, pass allowing setter two options is +2, pass giving setter only one option is +1. Setter touch on an unsettable ball is a wash, no minus. Start the clock on the first serve and stop it when the team gets to 25 points.



Running the Drill - Setters stay, passers rotate to play both passing positions on one side, then serve on their side, then go to the other side to become a passer again. Repeat until teams score 25 points