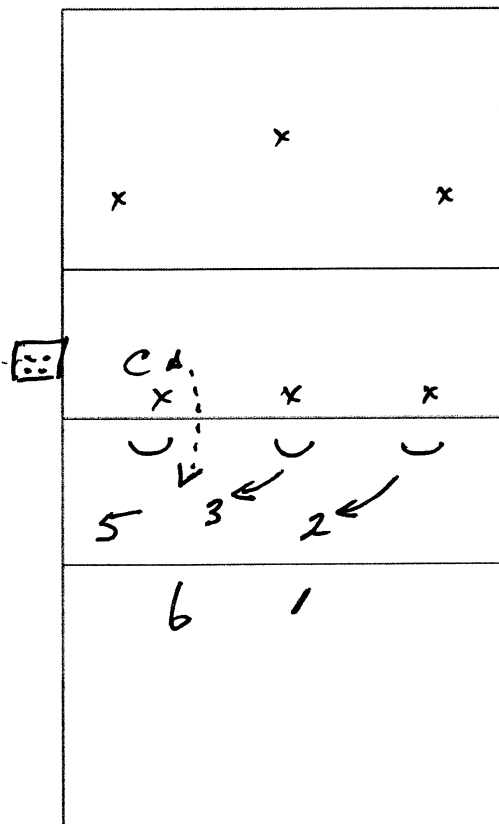


Drill Name: "DROP & COVER" Skill Featured: COVERAGE & TRANSITION.



Objective:

TEAM TRANSITION OFF
COVERAGE INTO
SUCCESSFUL ATTACK.

Conditions:

PLAY EACH BALL OUT

OPTION - IF ENOUGH
PLAYERS ... 6 v 6
PLAY OUT RALLY.

COACH TIPS BALL OVER
INTO COVERAGE POSITION
2, 3, 4. VARIED.

Success Criteria:

- 1) TEAM FLOW - FILL SPACE IN FRONT OF YOU
'COVERAGE SYSTEM' WORK.
- 2) ATTACKERS TRANSITION
- 3) DIG BALL HIGH AND OFF THE NET.

Reference Points/Cues: