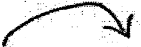
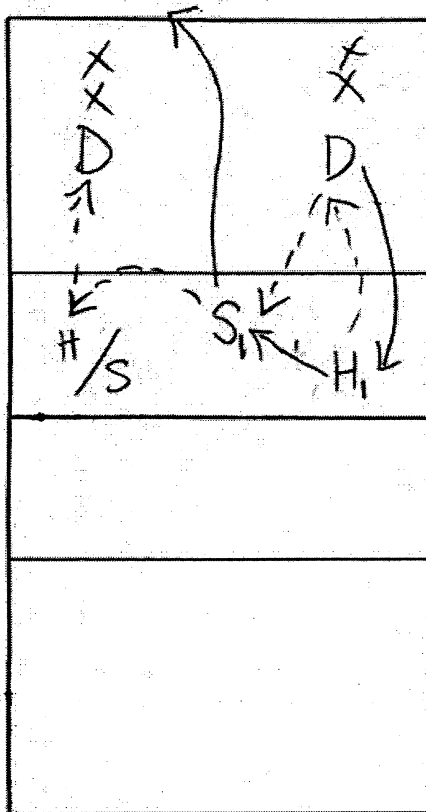


Drill Name: Italy

Skill Featured: Ball Control

Ball: 

Player 



Objective:

Game-like dig, out-of-system set, down ball series. As many touches in a row as possible.

Conditions:

↑ Add a "tip & cover" element after the set.

↓ Hitter catches the set & then tosses. Hitter does a 2-hand shoot instead of hit.

Success Criteria:

Communication: Calling the ball & helping teammates with pattern.

High ball: Dig high into mid-court, set high and safe off the net.

Reference Points/Cues:

Dig: ANGLE platform to where setter is going.

Set: Keep ball on forehead, use body as a "Spring" to create height, hold finish.

Hit: Face target, elbow back, 60% swing.