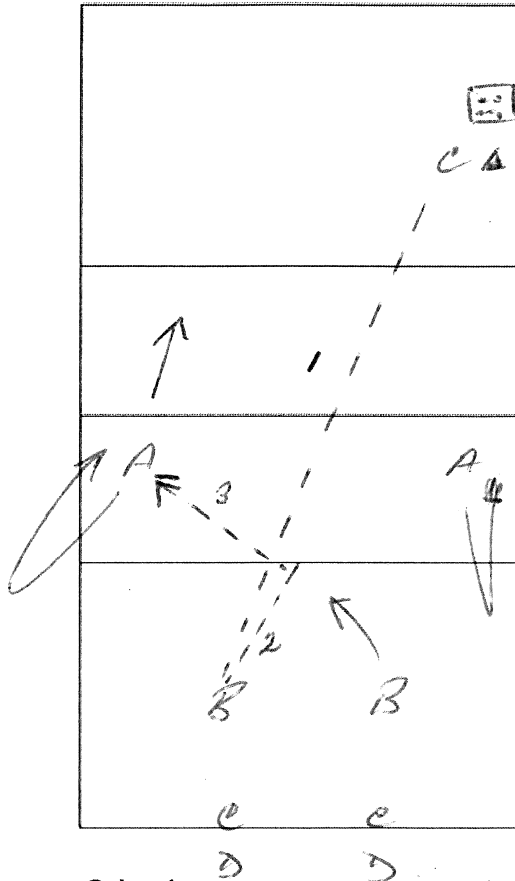


Drill Name: "005 PAIRS" Skill Featured: SETTING OUT-OF-SYSTEM



Objective:

PAIRS WORK TOGETHER TO
SET HITTABLE OOS BALL.
BALL IS SET INSIDE COURT
AND CLEAN OFF NET.
(2) SUCCESSFUL ATTACKS
FROM (2) BALLS.

Conditions:

ATTACKERS START AT NET
TRANSITION INTO ATTACK.
PARTNERS DIG BALL TO
MIDDLE OF COURT AND
SET OPPOSITE PIN HITTER
COACH TOSSES (OR DOWNBALL)
ONE TO EACH PLAYER.

Success Criteria:

EACH PAIR CREATES (2) SUCCESSFUL OOS ATTACKS.
DIG BALL TO "X" 20' HIGH, 10' OFF-NET.
COVER ATTACKERS.

+ ATTACKERS WORK ON TRANSITION + APPROACH
ANGLE.

Reference Points/Cues:

AFTER (2) BALLS PAIR IN BACK-ROW MOVE
TO ATTACKERS., ATTACKERS SHA6 TO CART.

COACH ENTERS A BALL TO EACH PLAYER.
BEFORE ROTATING.