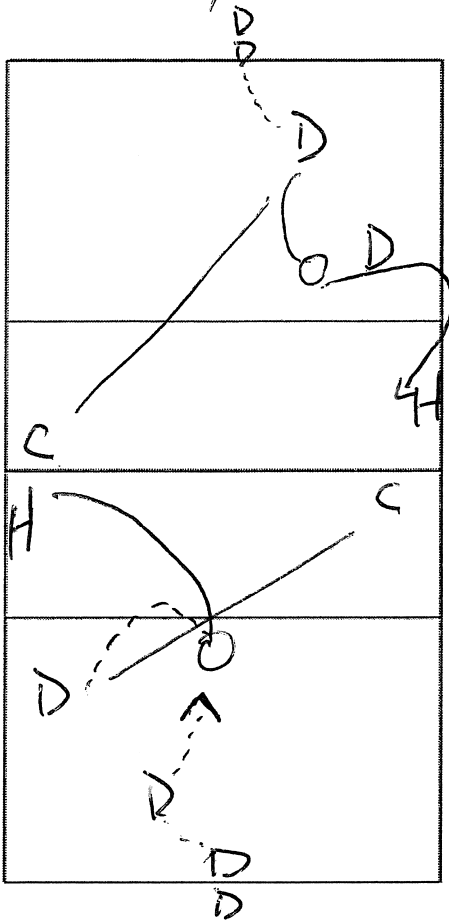


Drill Name: "Rudy" drill Skill Featured: Digging / out of system



Objective:

- Dig and set to hitter
- Non digger sets
- Coach ~~hits~~ to 1 digger, the other digger sets to ~~hitter~~ Hitter catches set.

Conditions:

- The drills happens on both sides of the net.
- Part 2 each side play against each other, Pepper style, keeping the ball in play,
- Rotation is D, D, Hitter off

Success Criteria:

- Successful high ball sets.
- Many hits from this out of system set.
- Count or set a goal.

Reference Points/Cues:

- Dig high, Stationary on contact of hit.
- adjust to set from out of system setter.