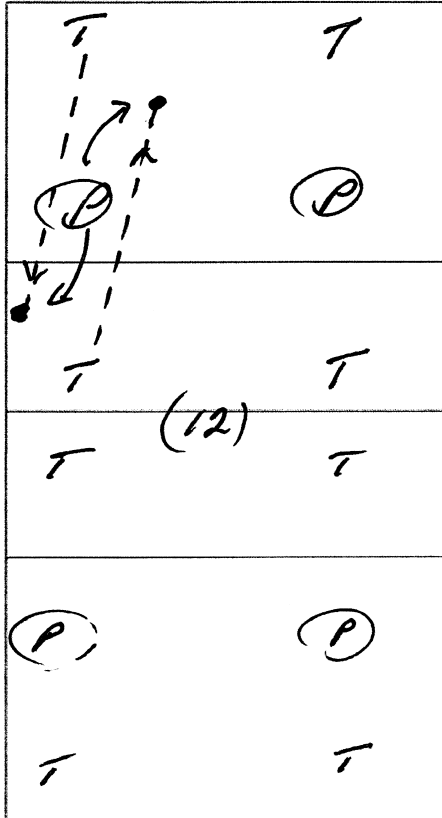


Drill Name: "RUSSIAN 3'S" x 3 " (RUSSIAN 2'S) Skill Featured: PASSING, SETTING, DIGGING.



Objective:

① STARTS IN MIDDLE EACH TIME
MOVE BACK TO PASS,
SET, DIG.

Conditions:

PASS — TOSS IS LONG &
TO SIDES.

SET — TOSS LONG &

FOCUS ON QUICK TO

BACK AND WT. SHIFT.

DIG — HIT DOWNBALL TO 'P'
IN MIDDLE.

Success Criteria:

FOOTWORK FOR EACH SKILL. SPLIT STEP WORK.

EARLY ANGLE

PASSING CUES — CREATE PLATFORM SPACE / DROP LEG.

SETTING CUES — FORWARD WT. SHIFT.

DIGGING CUES — GET TO IDP — SPLIT / PREP STEP.

Reference Points/Cues:

RELIES ON QUALITY TOSSING &
DOWNBALLS.

* CAN BE DONE IN 'PAIRS' AS WELL!