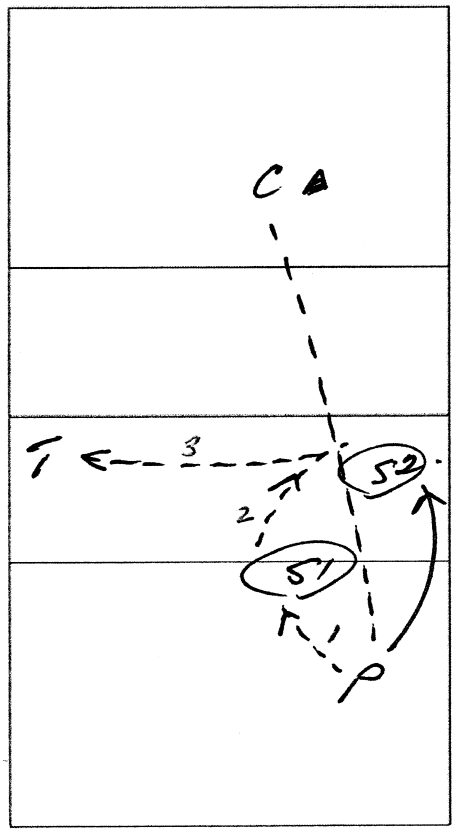
SKY VOLLEYBALL

Drill Name: "SET 2" Skill Featured: SETTING. CONTROL.



Objective:

(P) PLAYER PASSES BALL TO (S1)

(S1) SETS BACK-SET

(P) SETS LONG SET TO TARGET

Conditions:

(S2) REPLACES (S1).

(S1) BECOMES TARGET

Success Criteria:

GET ENTIRE TEAM THRU WITH RESULT BEING HITTABLE BALL TO TARGET

Reference Points/Cues:

SEE - SETTING CUES.

Elevate Your Game.