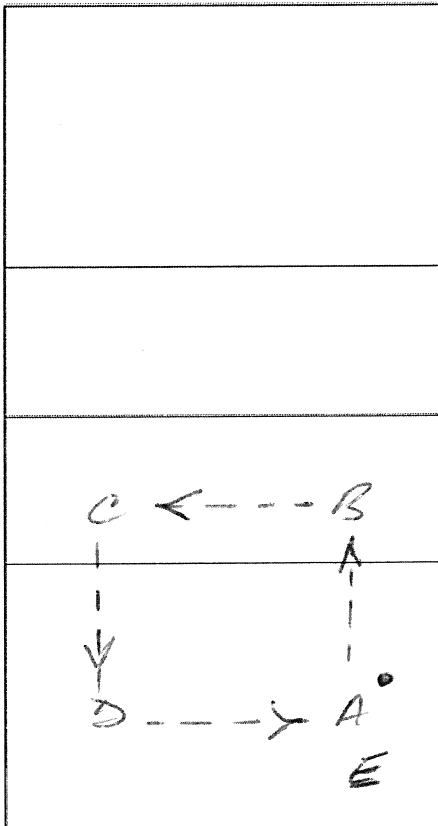


Drill Name: "SETTING BOX" Skill Featured: SETTING BASIC



Objective: "CUES"

1. FEET TO BALL
2. EARLY & HIGH HANDS.
3. SQUARE & STABLE
4. QUICK RELEASE
5. SHAPE BALL BEFORE, DURING, AFTER SET

Conditions:

- START BALL C (2) PLAYERS.
- GROUPS OF 5-6 EACH.
- COUNTER-CLOCKWISE -
- MORE GAME LIKE.
- INCREASE BOX SIZE IF
- PLAYERS MORE ADVANCED.

Success Criteria: MULTIPLE VARIATIONS TO TRY...

P1 SET HIGH-BAW & STAY

P2 " " " & FOLLOW BAW.

P3 SET SELF, TURN/SQUARE UP, SET HIGH

P4 TURN/SQUARE, SET SELF, SET HIGH.

P5 SET SELF, JUMP-SET.

Reference Points/Cues:

STOP PERIODICALLY TO CHANGE PROGRESSION
AND EMPHASIZE CUES.

COMMUNICATE 2X EACH PLAYER.

"HERE" "MINE"