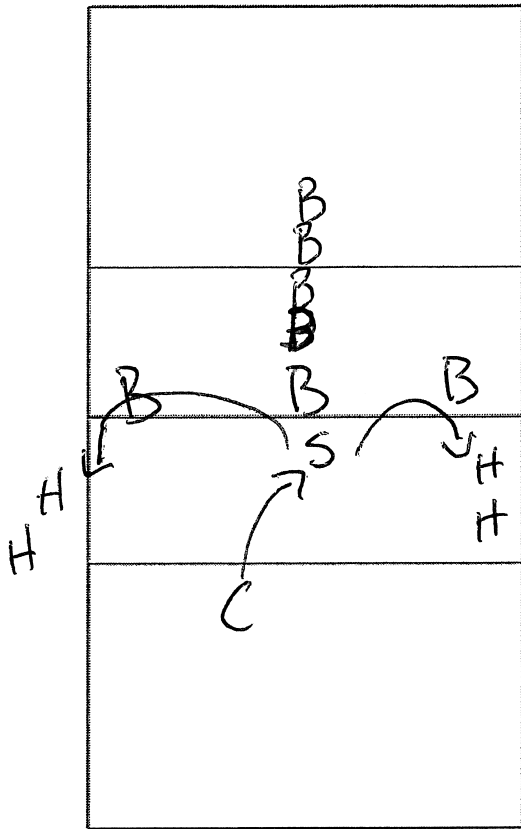


Drill Name: T-Drill 1.0 Skill Featured: Blocking/outside hits



Objective:

Swing blocking activity.
alternate setting Power/RS
from coaches toss

Conditions:

- Hitters start with catching
- Progress to hitting
- coach tosses to variety of spots.

Success Criteria:

blocking coach counts closed blocks.
A block that is straight up is good.

Reference Points/Cues:

- Plant foot to transfer energy up.
- Are you catching the ball over the net or above the net,
- setter feedback.
- blocker prep position? are they loaded?