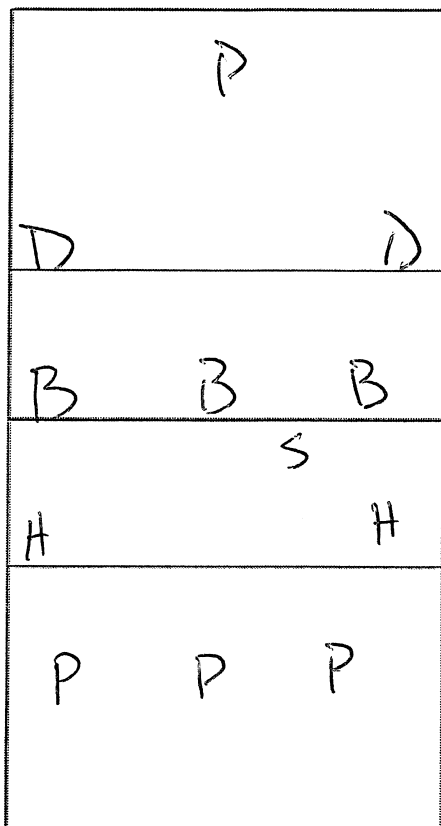


Drill Name: T drill 2.0 Skill Featured: Blocking / hitting off block



Objective:

- 4 free balls/setter alternates on purpose
- Hitters hit and team covers
- if defense does dig or get the ball they play it out.
- front back switch.

Conditions:

Success Criteria:

- closed blocks means ball coming back, leading to "recycling"
- Points for recycling

Reference Points/Cues:

- Read go early, set proper block.
- Defense communicates "cover"
- look shadow of block, or gap.