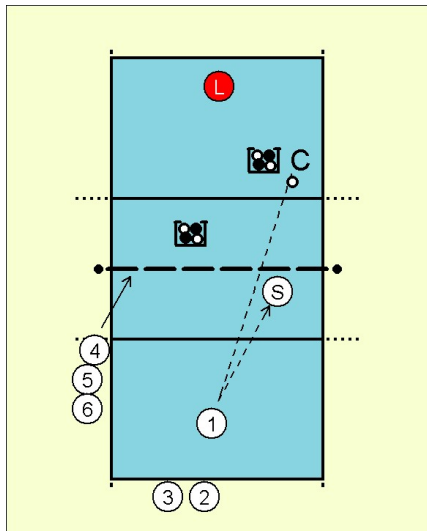


Hitting lines

Pass-set-hit

1



Objective:

Allow players to do focused hitting lines while also allowing all players to pass and the Libero to focus on reading hitters and passing balls attacked by hitters.

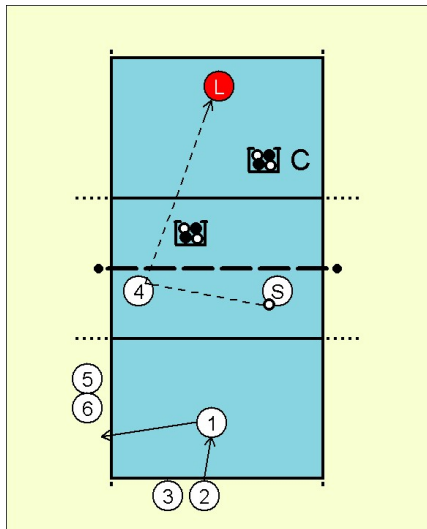
Set up:

Setter takes target area position on same side as a group of passers in middle back position and a group of hitters in left front position. Libero and coach take position on opposite side of net.

Actions:

1. Coach free balls or downballs a ball to passer number 1.
2. Passer 1 passes to setter.
3. Setter sets to outside hitter number 4
4. Outside hitter 4 attacks ball.
5. Libero attempts to pass the attacked ball.

2



Rotation:

1. Passer moves to hitting line once she passes.
2. Hitter moves to passing line once she hits.

Alternatives:

1. Hitters can hit from middle or right instead of left.
2. Passers can pass from left or right back instead of middle.
3. Coach can vary where he/she stands.

3

