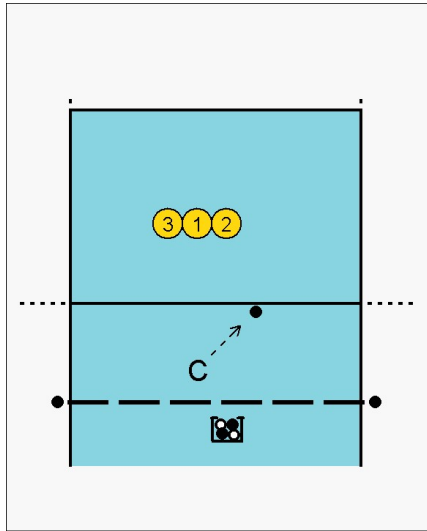
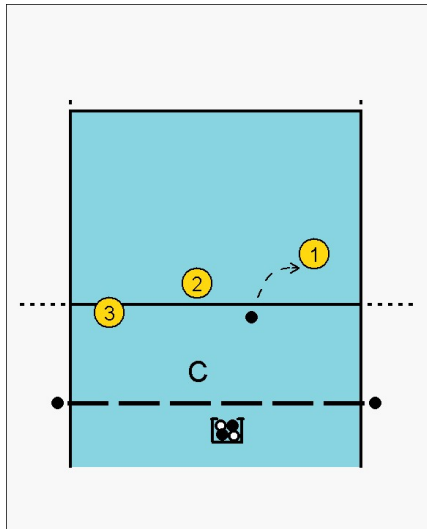


Communication

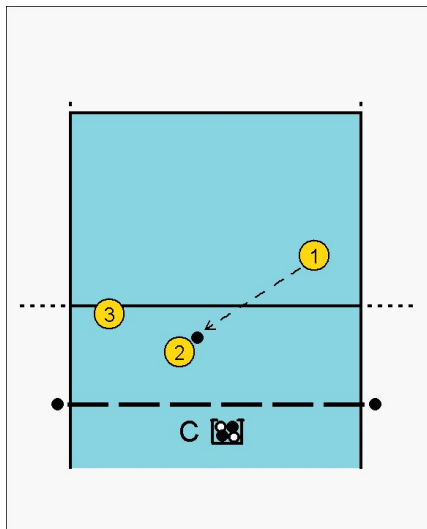
3-person pile drill



1
Player one lays on stomach on the floor. Player 2 lays across Player 1's back. Player 3 lays across Player 2's back. Drill is started by coach bouncing a ball off the floor.



2
Player 1 jumps off of floor and goes to pass the ball.
Player 2 moves into position to set the ball to Player 3.

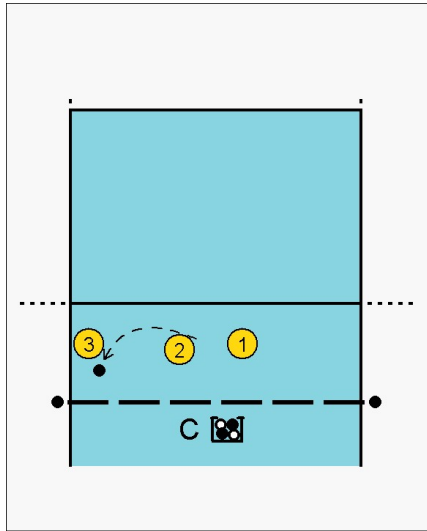


3
Player 1 passes ball to Player 2.
Player 3 moves into position to hit the ball set by Player 2.

Communication

3-person pile drill

4



Player 3 hits the ball set by Player 2. You can have Players 2 and 1 cover the hitter as well.

Goal:
5 good attacks by the group.

Additional players can wait at the endline and 3 at a time can enter after each ball is bounced.

Skills:
Players must communicate throughout the drill. Coach can bounce the ball anywhere on the team side of the net. Players have to learn to be quick and work as a team.