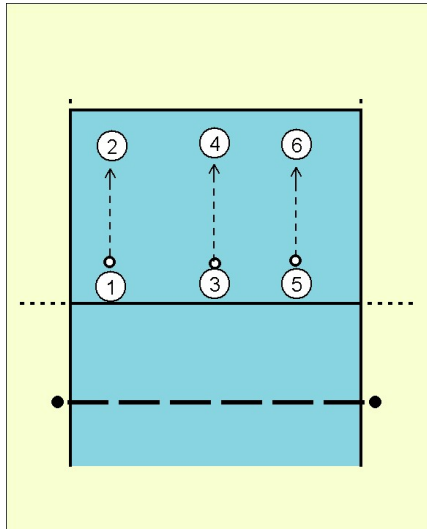


Ball handling

Eyes off ball drill

1



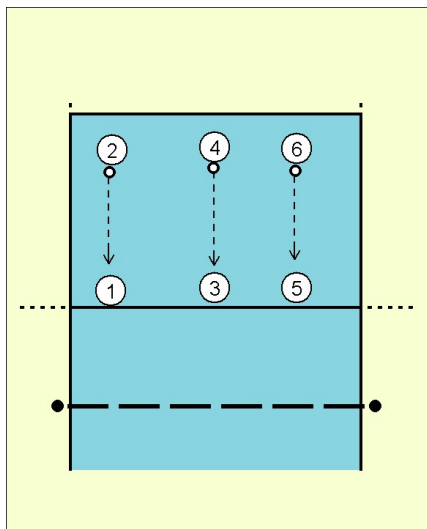
Objective:

Allow players to work on getting their eyes off the ball after they pass it.

Set up:

Players partner up with a ball to each set of partners. Ideally, the tosser will be at the net or 10 foot line while the passer will be near the endline, facing the net.

2



Actions:

1. Tossers (1,3,5) tosses the ball to her partner (passers 2,4,6).
2. Passer calls the ball and forearm passes back to the tosser.
3. As the passer passes the ball, the tosser holds up one hand with a number.
4. The passer tries to call out the number being held up by her partner before the ball reaches its apex of flight.
5. This continues for a set number of repetitions (10 or 15).

Alternatives:

1. The passer can set with hands instead of forearm pass.
2. The tosser can simulate a volleyball skill (Hit, Tip, Set, Pass, Etc.) instead of holding up numbers and the passer reads the skill simulation and calls that skill name.