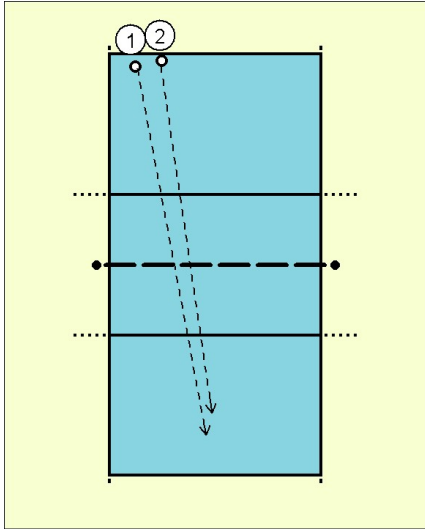


Serving

Serving horse

1



Objective:

This is a one-on-one drill similar to the basketball game of horse.

Actions:

1. One person chooses a zone and serves to it.
2. If player A makes it into the zone, then player B must follow with a serve to the same zone to keep from receiving the letter H.
3. If player A misses, then player B chooses the zone and goes first.
4. The first player to spell "Horse" loses.

This drill is borrowed from the May 2003 AVCA Power Tips, which originally reprinted it from The Volleyball Coaching Bible, Don Shondell and Cecile Reynaud, eds., Human Kinetics Publishers, Inc., 2002.