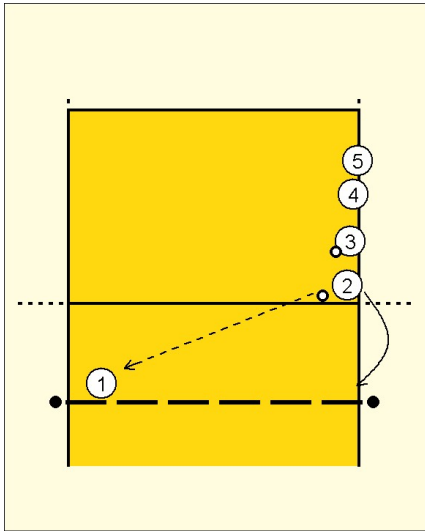


Warming up

Toast the setter/hitters

1

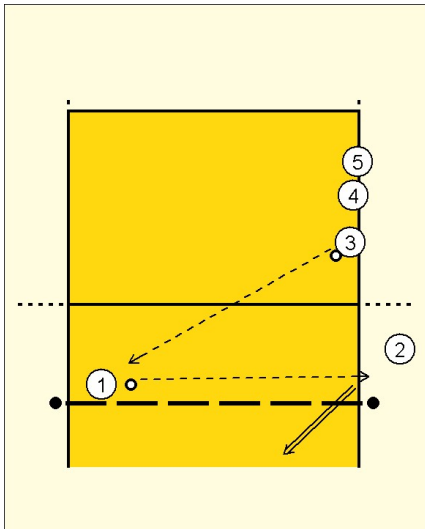


The drill requires one setter and a line (3 - 6) hitters.

The hitters line up in single file behind the attack line in the Outside/Power Hitter position.

First hitter in line feeds a ball to the setter who sets a high outside attack for the hitter to kill.

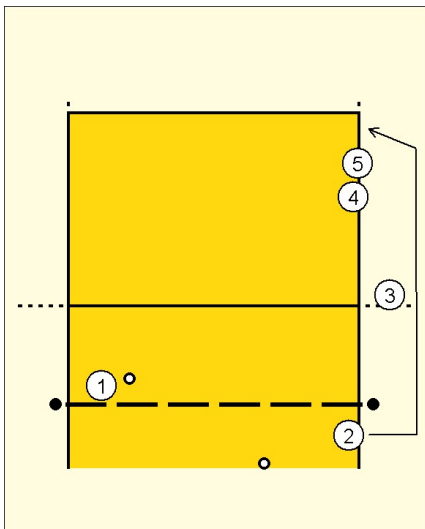
2



After setting the ball, the setter must drop and touch the floor before returning to their base position at the net.

As soon as the setter has "dropped and touched", the second hitter in line IMMEDIATELY feeds a ball to the setter's base position and he setter must set another high outside attack and "drop, touch and recover".

3



The hitters retrieve their ball and return to the back of the hitting line to repeat the drill.

Alternatives:

The coach can adjust the drill to include a line of outside hitters and two middle hitters and alternate the sets.