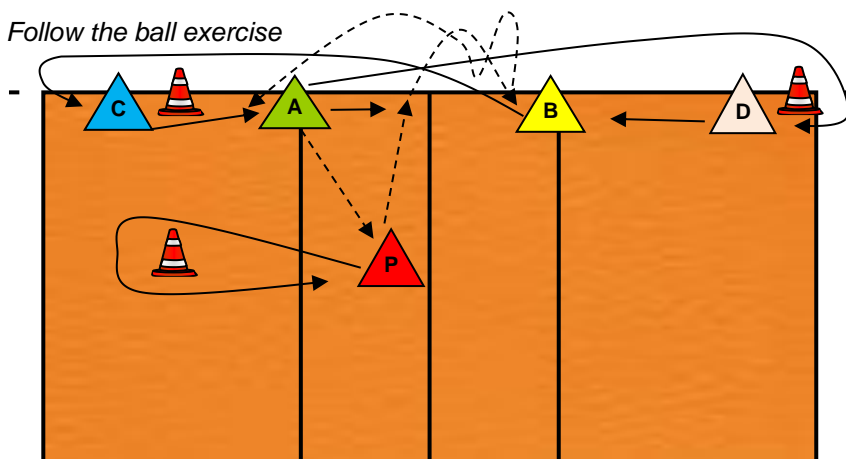


**Training 38: Close cover - Attacking through the middle after reception**

Exer. 1. Follow the ball exercise



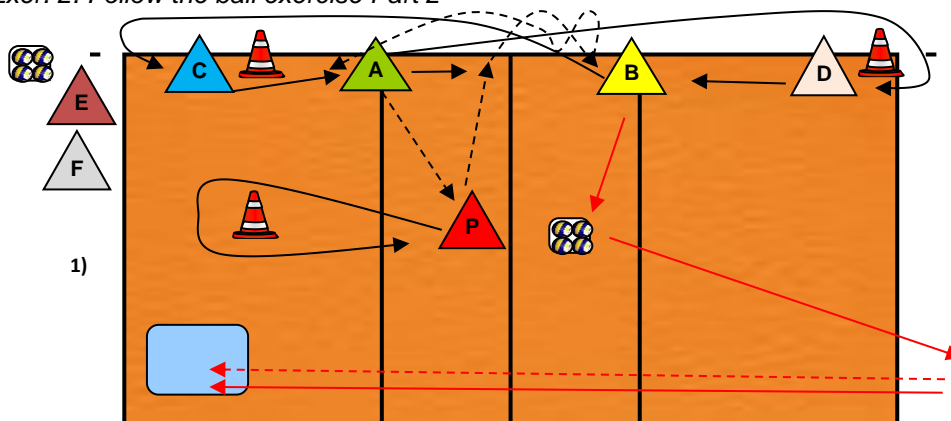
**On half a court:**

A plays the ball overhead to P , P gives a set-up to position 4  
A runs in and sets the ball overhead inside the 3m zone to B  
After giving the set-up, P runs around the cone at position 6

B makes x1 control touch, then plays the ball over to C, C moves in from position 4  
A runs around the cone on the other side of the net  
B runs around the cone on the other side of the net

- Variation: 1) Which group is the 1st to make x10 consistent rounds ?  
2) Which group is the 1st to make x20 consistent rounds with a max. of x3 attempts?  
3) Play the ball x2 over the net before running around the cone  
B makes x2 control overhead sets + a jump tip ball over the net .

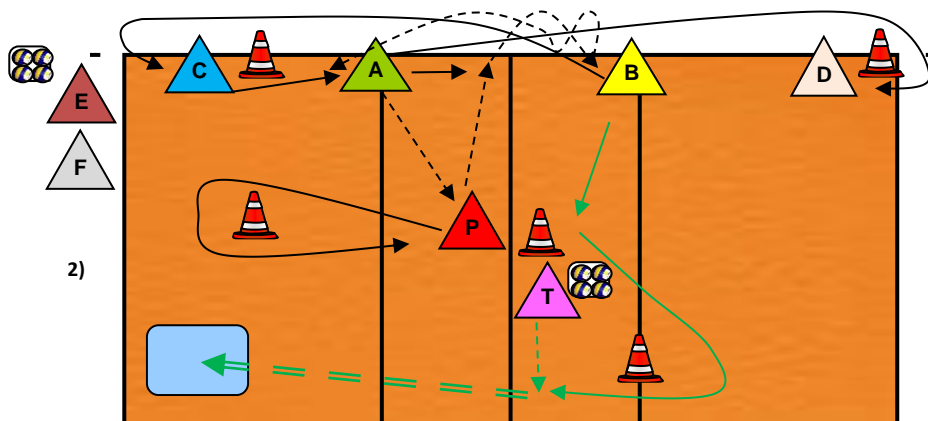
Exer. 2. Follow the ball exercise Part 2



**On a full court:**

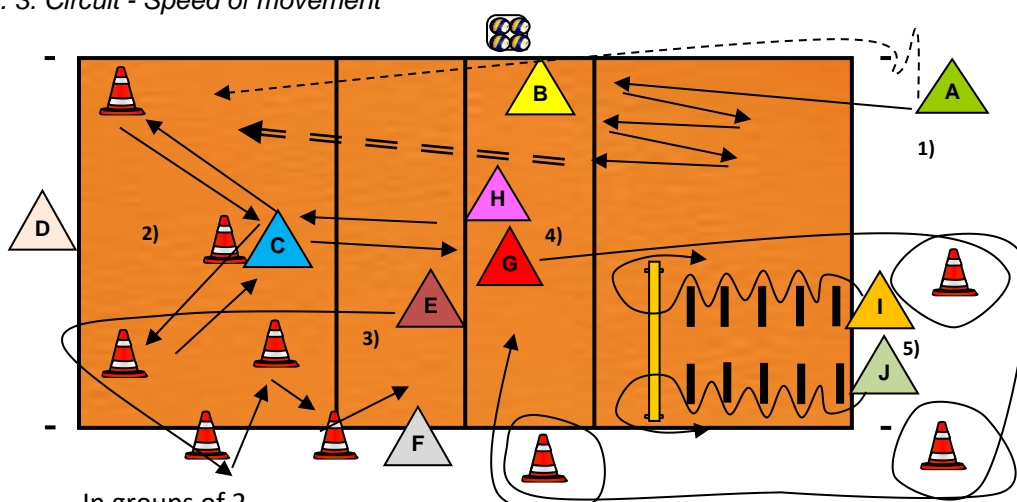
The same as Exercise. 1.

- Variation: 1) After the jump tip ball, B takes a ball from the cart and serves from position 5 --> 1  
Thereafter join up by C  
Serve the ball onto the mat = 1 point



Variation: 2) After jump tip ball, B runs to the cone at position 3 (Middle front)  
Thereafter: retreat diagonally backwards & attack on a fed ball from T at position 4  
Thereafter join up with C  
Attack the ball onto the mat = 1 point

### Exer. 3. Circuit - Speed of movement



In groups of 2

Following the whistle signal from T, 1 player executes the exercise x3  
10 second pause after each series  
After x3 series: Player 1 switches role with Player 2

1) A tosses the ball and makes a jumpserve straight ahead  
After jumpserve, run to the 3m line - shuffle backwards to 6m, run forwards to 3m line, shuffle backwards & attack behind 3m in the direction of position 5 on the ball fed by B

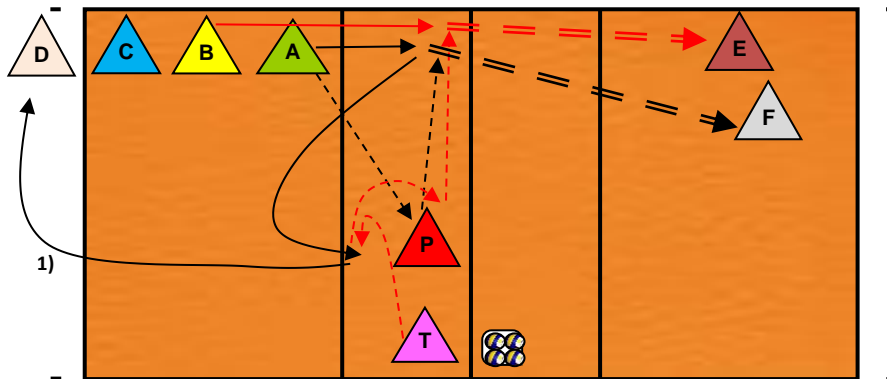
2) Speed of movement without the ball  
C moves from their central start zone - run to the net - backwards to the middle - diagonally backwards to position 5 - run to the middle - diagonally backwards to position 1 & run to the middle

3) E runs from net round cone at position 1, shuffle diagonally forwards between cones & makes at attack approach at the net without the ball

4) G runs as quickly as possible round 3 cones & finishes with a dive

5) Race between I & J: sprint between the lines, over the bench & back  
After 3 series: I & J change position

*Exer. 4. Attack with close cover & defence*



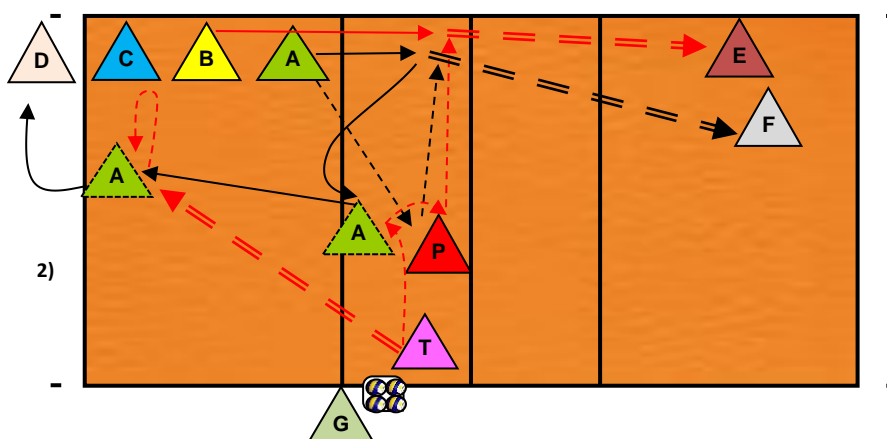
1) A sets overhand to P , P gives a set-up to A, A attacks  
Directly after the attack from A: Shot / tip ball from T inside 3m zone  
A defends the shot / tip to P, P gives a set-up for B , B attacks  
A joins up with D following defence  
Directly after the attack from B: Shot / tip ball from T inside the 3m zone  
B defends the shot / tip ball to P, P gives set-up for C , C attacks.....

High tempo

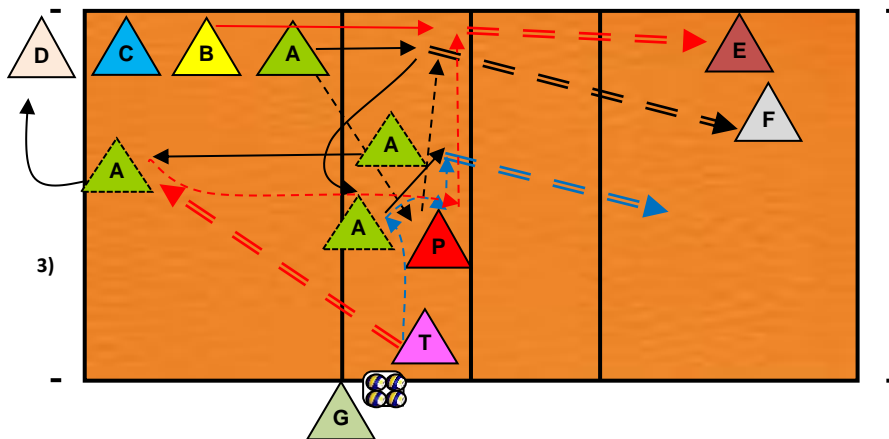
Quick sets to position 4 !

Addition of x2 defenders in the line (position 1 & position 6)

Defend on your own half and re-cycle the ball



2) with the addition of an extra attack from T following the short shot / tip ball  
Defend for yourself and re-cycle the ball to G



3) A attacks x2 in a row

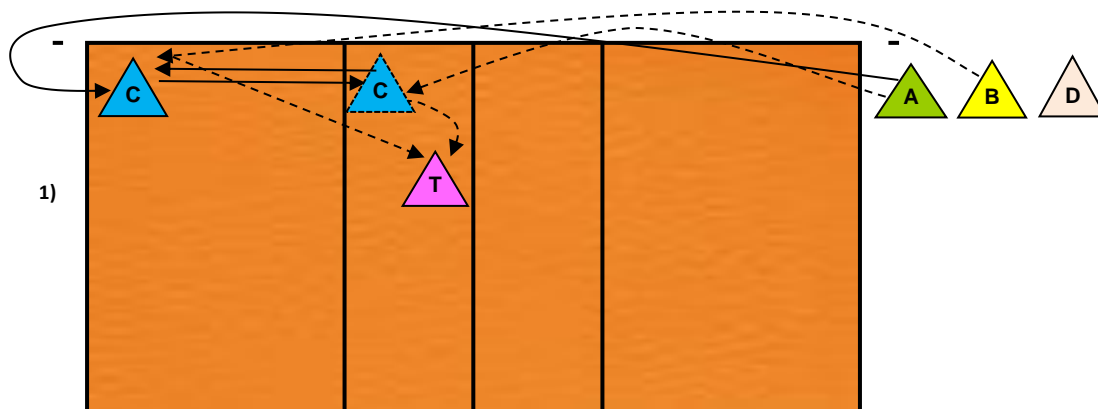
First attack: at position 4

Second attack: through the middle after defending a short shot / tip ball

P varies: Shoot -short in front - short behind

Directly thereafter: A defends attack from T to P , P gives set-up to B ....

*Exer. 5. Serve straight ahead - alternating short & deep with addition of attack - block*



1) A serves straight ahead short to C (C starts in the back court)

A makes reception to T (T rolls the ball back to B)

Directly after the reception: deep serve from B to C

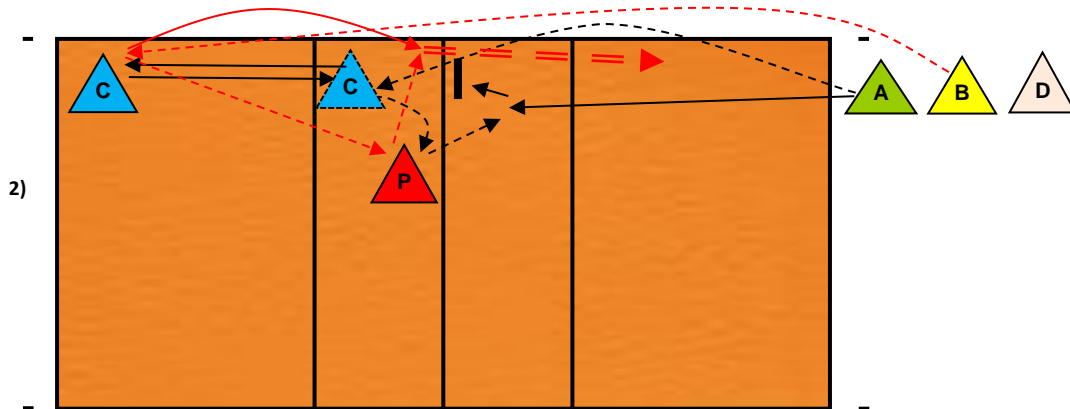
C moves quickly backwards and receives the deep serve, plays the ball to T

Rotate through: after the 1st serve, A runs to the other side & joins up behind C

After x2 receptions, C joins up behind D

Variation: - Start from lying flat position on the baseline

- Start from lying flat position on the sideline



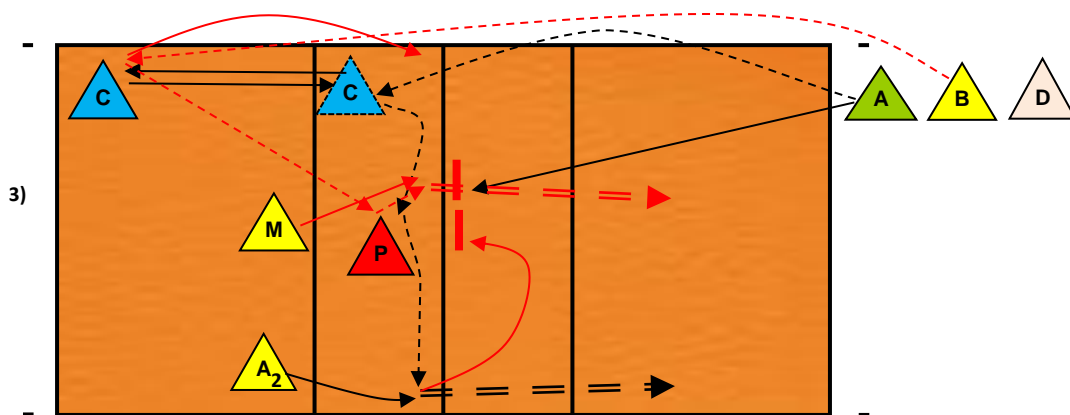
2) With the addition of a setter (P)

After the 1st serve: P plays the ball 2nd hand over the net, A defends this short ball

After 2nd serve: C attacks from position 4 from own reception towards position 1

A becomes the blocker

Thereafter: rotate through: A to C - C joins up behind D



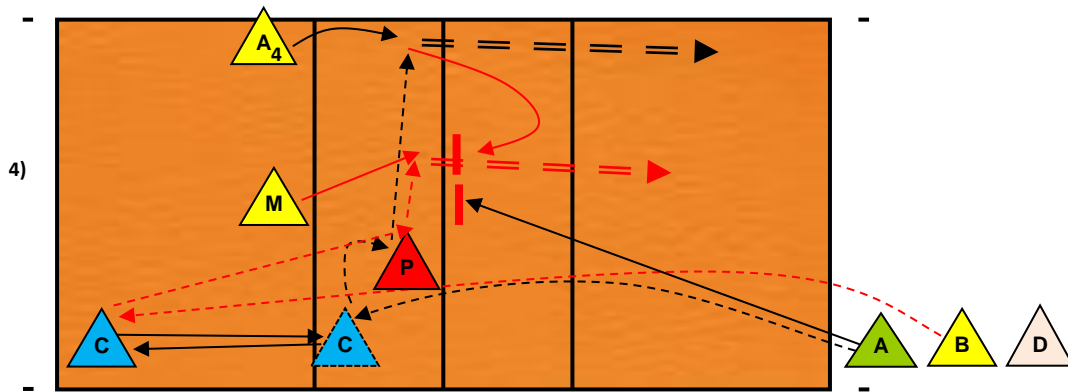
3) With the addition of M & A2

1st ball: Attack from position 2 from A2

2nd ball: Attack through the middle from M (A blocks together with A2)

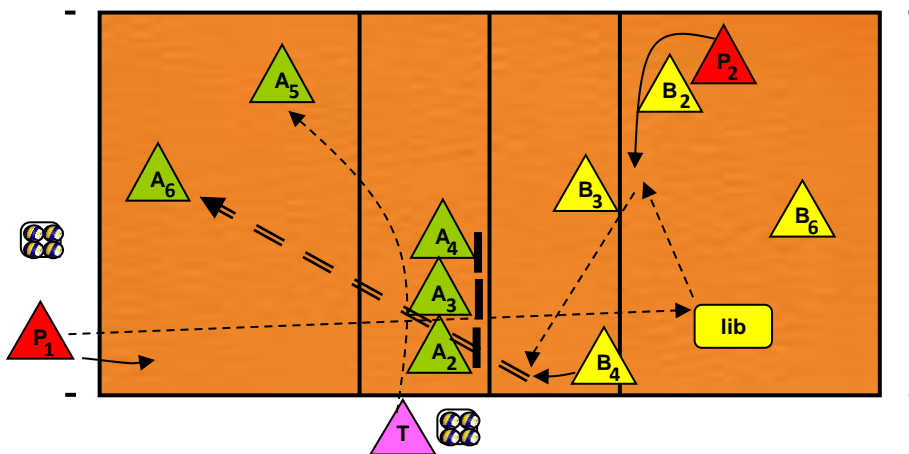
x3 repetitions & then rotate through x1 position (M & P are fixed)

A becomes C - C to A2 - A2 joins up behind D



4) Mirror image with serve from position 5 straight ahead towards position 2 & 1  
 1st ball: Attack from A4  
 2nd ball: Attack from M (A & A4 block)

Exer. 6. Volley-baseball



Team A serves with setter at position 1  
 If Team B scores: 1 man "out" & P1 serves again  
 3 men "out" = team B gets to serve & can score  
 Therefore: Score x3 side-outs = change which team serves  
 Don't score on side-out = Serving team chance to make points from freeballs

If Team B doesn't score:  
 T gives freeball to Team A  
 Every freeball that team A scores = point for Team A  
 Therefore: win x4 freeballs = 4 points  
 Lose on a freeball = Start over with serve for P1

3 men "out" = Team B gets to serve & can score  
 If Team B has 3 men "out": both teams rotate x1 position through (P at position 6)