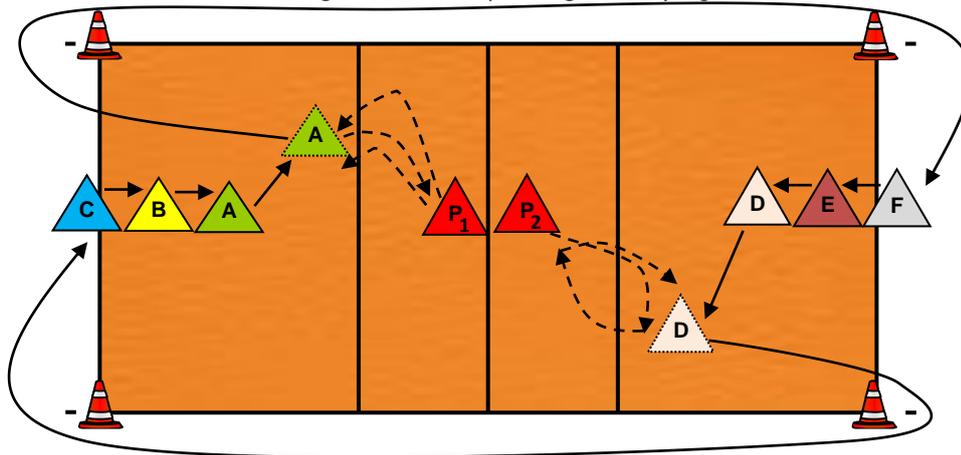


**Training session 5 : block organisation drill with P front court + reception**

*Drill 1. Cardio-vascular training – underarm passing – volleying skills*



Play the ball back to P1 or P2 – retreat backwards  
 run around the cones and join the queue behind the other baseline  
 Players who make a mistake must do a pancake

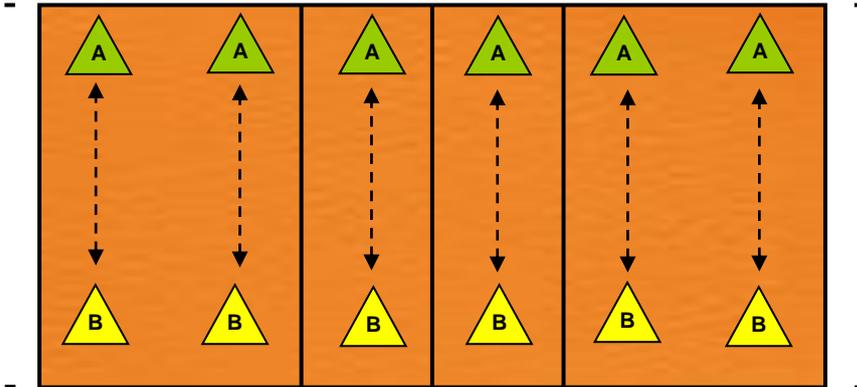
Extension :

- 1) shuffle backwards to cone
- 2) facing the net at all times during the drill  
 i.e. once on other side of the net, turn and retreat backwards
- 3) + attacking movement at the net
- 4) + block jump at the net



Extend the knees forward  
 Body weight leaning forward, on the balls of the feet but maintain balance  
 Be in a stable defensive position when the hitter contacts the ball

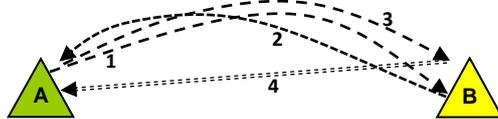
Drill 2. Warming up with the ball in twos



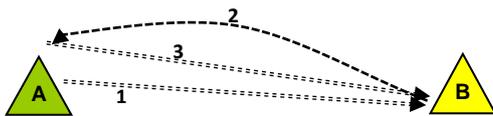
1) Alternate playing a deep volley with retrieving a short volley



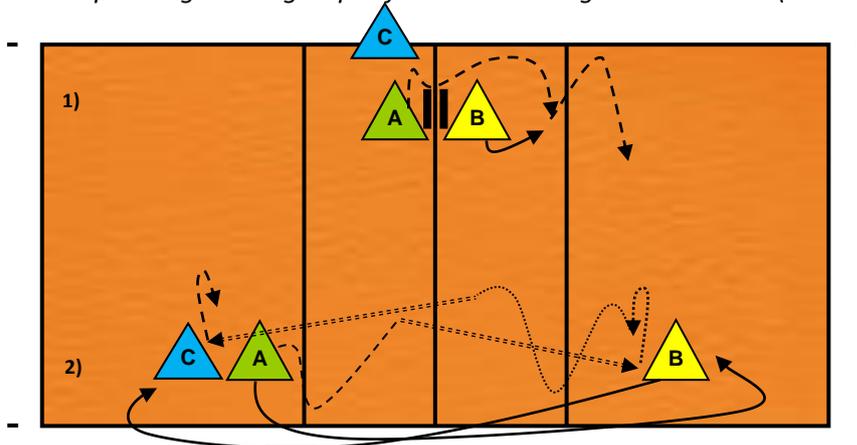
2) Service – reception – volley – standing attack : each player starts in turn build up gradually to a jumping hard-hit attack



3) Take turns to attack twice: 1 standing attack, 1 jumping attack and change roles

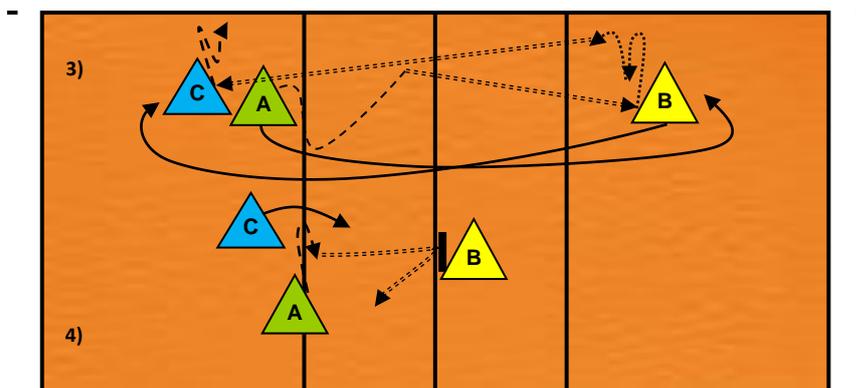


*Drill 3. Warm-up hitting drill in groups of 3 – conditioning drill at the net (vertical jump)*



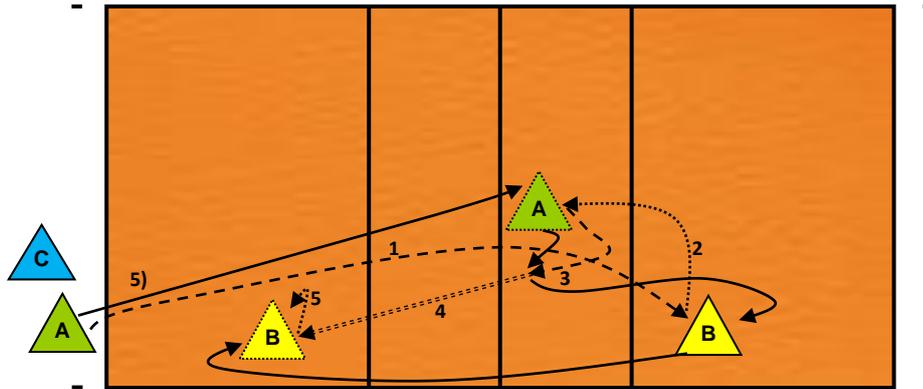
1) A throws ball up at the net: A and B block together and joust for the ball  
The player who loses the joust tries to keep the ball in play (i.e. away from the net)  
Switch positions: C instead of A – A instead of B – B waits

2) A bounces the ball on the ground and attack hits to B  
B defends the ball and catches it  
A follows the ball towards B  
B restarts by bouncing the ball on the ground and attack hits to C  
C defends the ball and catches it  
B follows the ball towards C



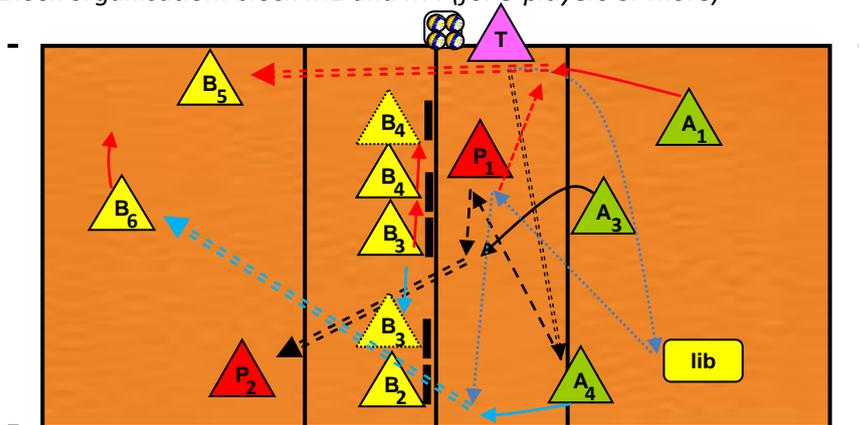
3) A bounces the ball on the ground and attack hits to B  
B defends – sets to himself and attack hits to C  
A follows the ball towards B  
C defends – sets to himself and attack hits to A  
B follows the ball towards C

4) A attacks from the 3-metre line into B's block  
A and C cover the attack and try to pick up the blocked ball  
Each player performs 2 series of 5 attacks



5) A serves an easy ball to B – B passes to A who runs under the net  
 A sets himself and attack hits to B, who has run to the other side of the net  
 B defends this ball  
 Then C serves to A and so on .....

*Drill 4. Block organisation: block M2 and M4 (for 9 players or more)*



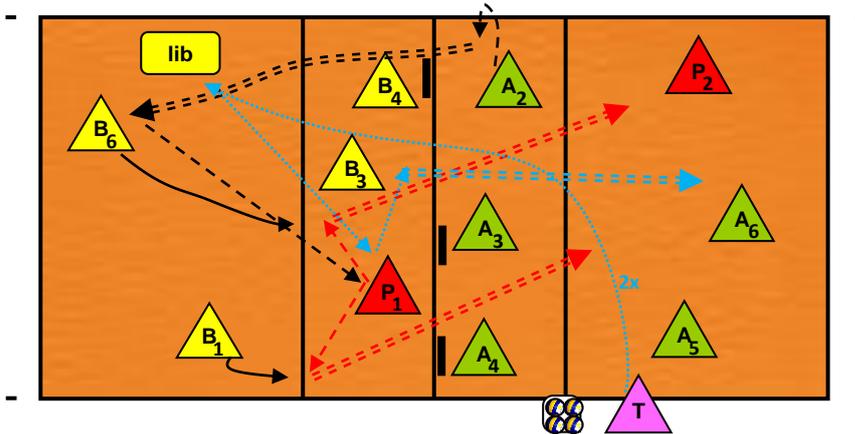
3 blockers + 2 defenders (B5 and B6) – P front court with A3 and A4  
 T can either :

- 1) hit a hard down ball to A4: P sets A3  
 B4 and B3 set a double block against A3
  - 2) hit a soft top-spin ball to the libero: P sets outside hitter A4 or opposite A1  
 Block on A4: B2 and B3 side-step to close the block  
 (B6 and B5 defend cross-court shot)
- Block on O: cross-court block by B4 and B3**  
 (B5 and B6 defend the line)

Scoring system: 10 balls = hitters have to score with 6 of the 10 balls  
 A4: scores by tooling off the block = 2 points  
 A1: scores cross-court = 2 points

Drill 5. Libero defence drill + counter attack: starting from position 2

1)



1) A2 attack hits to libero or B6 (B4 blocks) – defender plays ball to P1

P1 sets opposite or B6

Opposite or B6 attacks 3 times – then 2 free balls tossed by T and middle hitter must be set

Play out the rally: any hitter may be set during rally



If P2 defends, A3 becomes the setter and sets A4!

P1 can attack on the second contact (hit or dump)!

Change positions :

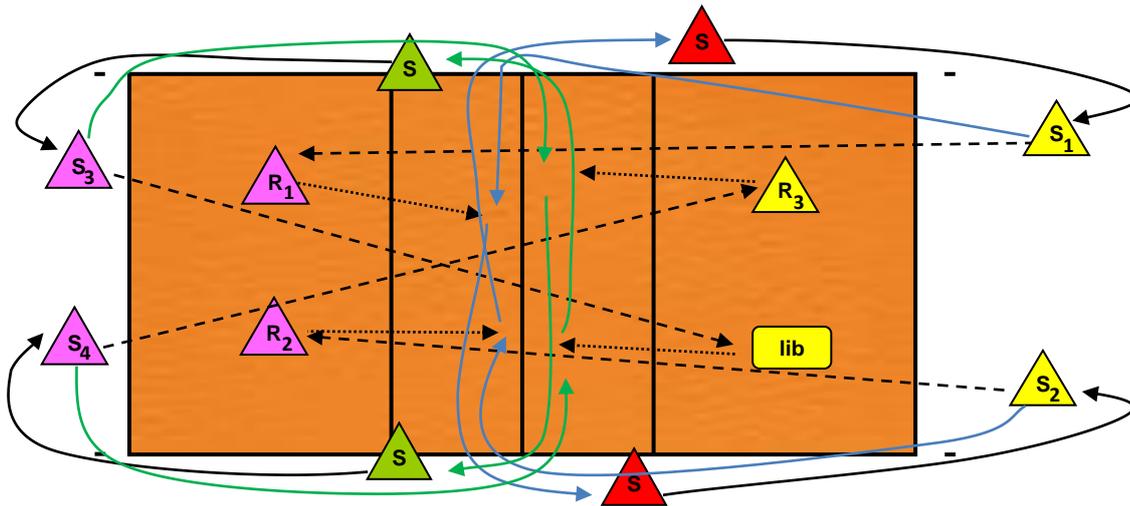
B1 → A4 → A6 → A2 → B6 → B1 (or position # 2 for swing hitter :

P1 starts back court )

B3 → A3 → A4 → B3.....

P1 and P2 change positions regularly

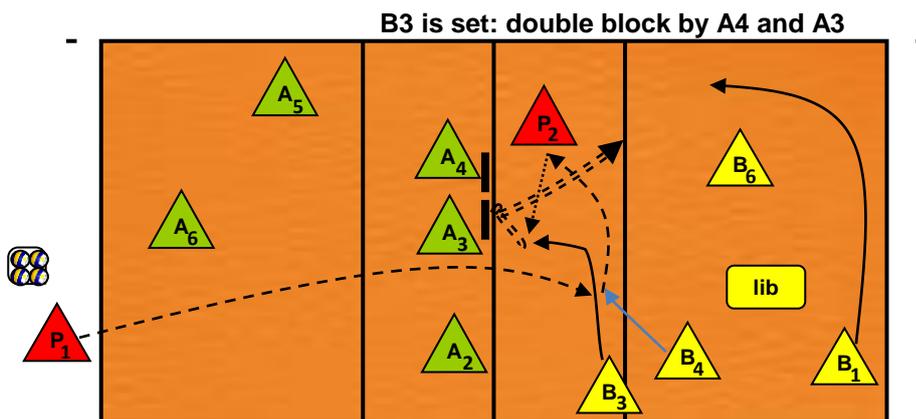
*Drill 6. Reception: quick reaction to ball trajectory*



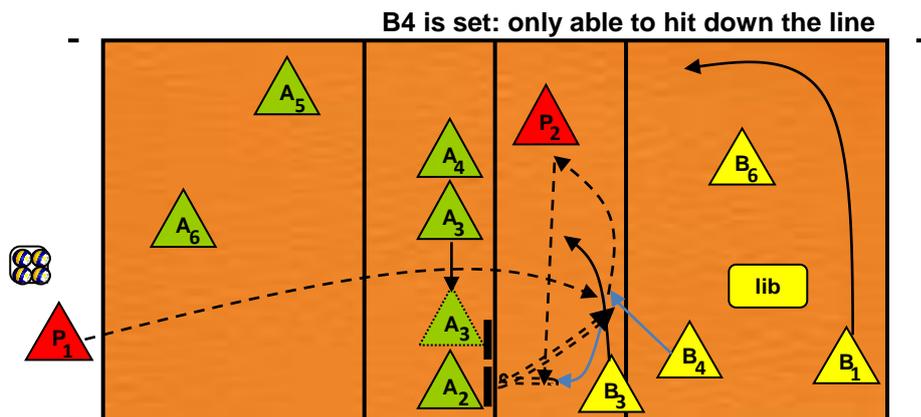
2 players S1 and S2 (S3 and S4) serve at the same time to R1 and R2 (R3 and libero)  
Servers agree who serves to which receiver

Receivers don't know which server is going to serve at them  
Servers run around the side of the net and collect their ball  
Roles should be changed regularly

*Drill 7. Eliminating the front-court swing-hitter*



Match situation with opponent's setter front court:  
serve short to B4  
le but : obliger B4 à se déplacer vers l'avant et l'intérieure et  
Objective: force B4 to move forward and in court and set a double block (assist by A4) on the fast play

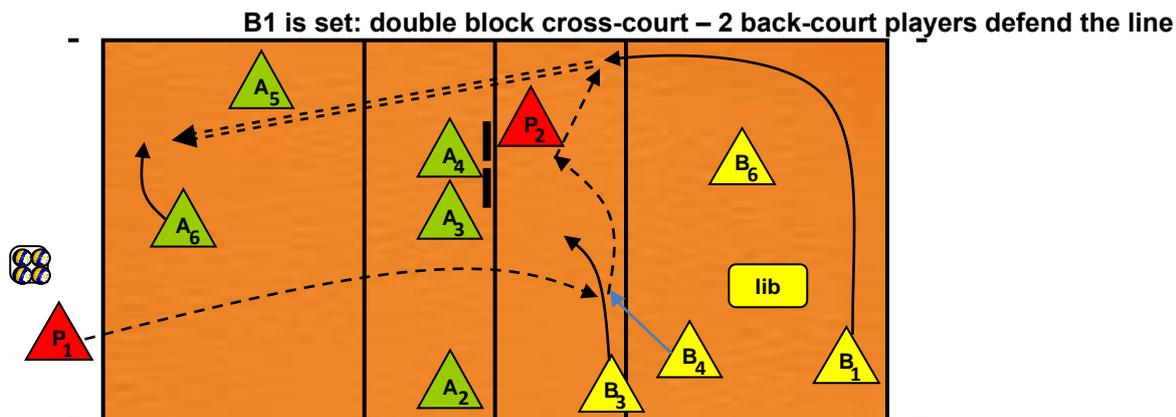


Match situation with opponent's setter front court:

serve short to B4.

Objective: force B4 to move forward and in court and set a double block (assist by A4) on the fast play

If A4 is a right-handed hitter, he will only be able to hit down the line



Match situation with opponent's setter front court:

serve short to B4.

Objective: force B4 to move forward and in court and set a double block (assist by A4) on the fast play

B1 is set : double block (A3-A4) cross-court  
2 back-court players defend the line