

Educational Tip of the Week



Four-Ball Attacking Drill:

All Positions

Kim Maroon, Pitt Women's Volleyball

Volunteer Assistant

- 1st Ball:** Serve Receive
- 2nd Ball:** Blocking to Transition
- 3rd Ball:** Defense to Transition
- 4th Ball:** Out of System

Each player in a position goes through the four-ball sequence three times and then we switch to the next position. Typically, we have three blockers on the opposite side, with no floor defense. We have coaches on boxes in LF and RF across the net, but slightly off the net so players can still block in front of them. The coaches on the boxes can be replaced by live attackers.

Outsides:

1. Serve Receive

Usually the OH and a DS pass in position 5 (left back) and 6 (middle back) respectively. The server (coach or player) can serve either person, then the OH attacks off that pass. *(Option - Change which rotation you are in: move the OH to position 1 (right back) like they are in RO1 or even put your OH in position 6 to run a swing offense.)*

2. Blocking to Transition

Have them block the OPP and then transition to attack. We typically use a coach on a box and only hit/tip to position 5 or 6.

3. Defense to Transition

Off blocker defense against the OH. Typically we have a coach on a box that forces them to play the first ball and then attack.

4. Out of System

Either coach on the box attacks the setter and position 5 (libero) steps in to set the OH out of system.

Middle Blockers:

1. Serve Receive

Still use the OH and DS to pass, but change rotations so middles and setters are coming from different places. We typically let our middles “audible” in this scenario, so they learn good decision-making based on passes on the net or off the net. *(Bonus points for attacking behind the setter in two-hitter ROs, especially from off the net. Adjust also where middle serve receives short ball in zone 3 and runs pattern after passing)*

2, 3. Blocking to Transition

We force our middles to transition on two balls here, because they typically have to block multiple areas on the net and transition to attack. (Don't forget to mix up where the opponent's MBs are hitting from (quick 1, 31 or back quick) *Make sure middles transition with setter front row and back row. *Bonus for attacking behind setter in two-hitter ROs)*

3. Defense to Transition

In our system, if our middles take a “false step” they become tip coverage behind the single pin blocker. So, the fourth ball is defending a tip, digging it high enough to allow them an opportunity to transition to attack.

Opposites:

1. Serve Receive

If your opposite passes, allow them to pass and attack similar to the OH. We also make sure to train serve receive attacking in rotations the opposite cannot pass in. Practice them attacking a 2 ball in a crossing pattern out of serve receive. The second ball, if entered quickly, forces them to return to base immediately and get ready to block and transition, similar to a game situation.

2, 3, 4.

Same as Outsides except reversed for the right side.



***We exchange and enter balls quickly, which keeps the tempo of the drill more game-like.**

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