



AVCA-Heart of America Region EDUCATIONAL TIP OF THE WEEK

Three-ball Drill: Building Continuity Within Your Rotations

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You can shape this drill in a number of different ways to help strengthen your team’s weaknesses.

Setup: The coach will choose three specific scenarios for the team to execute in Rotation 1. Here are some examples:

1. Serve 2. Free Ball 3. Down Ball	1. Serve 2. Setter Dig 3. Defend Middle
1. Serve 2. Defend OH 3. Serve Receive	1. Serve 2. Defend Slide Attack 3. Serve Receive
1. Serve 2. Free Ball 3. Serve Receive	1. Serve 2. Defend Tip 3. Serve Receive
1. Serve Receive 2. Defend RS 3. Serve	1. Defend OH 2. Pursuit Ball 3. Defend Middle

As you can see, the combinations are endless. Also, you can tell that we like to start/finish with a serve or serve-receive situation. Those skills/situations are not only the most game-like but also extremely important for us in building continuity within our rotations. But, I would encourage coaches to pick

situations that make the most sense for what their team needs to improve on the most.

Every practice gym has its limitations (number of players, number of coaches, etc.). If you do not have enough players to play out the rallies, mark off areas of the court that you would like players to attack/serve to in order to award points.

The scoreboard: We set the scoreboard at one of the following scores: 19-19 (closing out a tight set and creating separation), 22-19 (closing out a set with a late lead), 19-22 (coming from behind late in a set).

How to score: Three balls are entered in the order that the coach lays out at the beginning of the drill. A team that wins two out of three balls = 1 point on the scoreboard; three out of three balls = two points on the scoreboard.

Objective: The starting team remains in Rotation 1 until the score-board shows 25 for one of the teams. If the starting side wins, they rotate to Rotation 2. If they lose, the starting side remains in Rotation 1 and the scoreboard returns to its initial starting point. The goal is to get through all six rotations.