

2010 USAV HIGH PERFORMANCE GIRLS' TRYOUT PLAN

3:15 PM Staff Arrival

- Insure all courts and physical testing equipment is set up and ready
- Lead Court Coach meets with Court Coaches
- Lead Evaluator meets with Evaluating staff

4:00 PM Registration Begins

- If registration is complete, tryout may start ahead of schedule

4:00 PM Physical Testing starts for athletes checked-in and warmed up

- **Record all height in Feet and Inches (i.e. 5'11") ****
- Height**
- Shuttle run (4 line touches)
- Standing block jump** (1 hand only, NO step, 2 attempts)
- Approach jump** (Full approach, 2 attempts)

5:00 PM Physical testing stops for opening announcements

- Explains nature of try-out (not a camp...etc)
- Introduce try-out staff
- >Each position break into position specific drills

5:05 PM Break into SEL, YNT, JNT - BY POSITIONS

5:10 PM Roll is taken on each court by Evaluators

5:15 PM *Parent Information Meeting

5:15 PM See Position Breakout "HOUR ONE"

5:20 PM Begin DRILL #1 (for Position Breakouts)

5:40 PM Begin Drill #2 (for Position Breakouts)

6:00 PM Begin Drill #3 (for Position Breakouts)

6:20 PM Lead Court Coach convenes group for "USA"

- Water break and return to the demo court

6:20 PM

Combined Positional Breakout - Rotate setters every 5 minutes

- > **Setters, Middles & Liberos (30 minutes)**
 - Split age group
- > **Setters & Outside Hitters (30 minutes)**
 - Split age group

7:05 PM CONTROLLED 6 ON 6 SITUATIONAL (50 minutes)

7:55 PM Closing Remarks

- *Parent meeting will start after player meeting is over.

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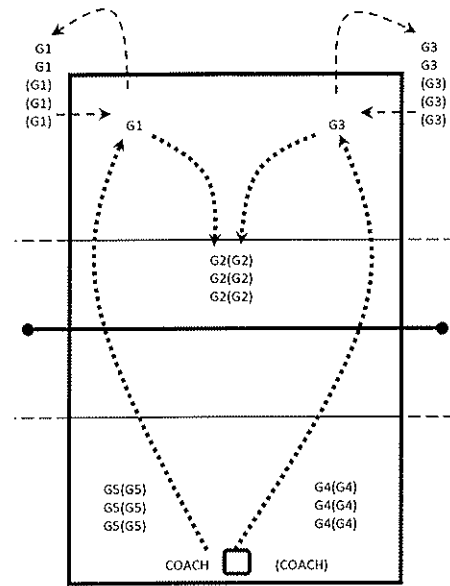
HOOR ONE: LIBERO BREAKOUT

- > Divide Liberos into five groups of 3-6

DRILL #1 - Serve Receive (20 minutes)

- > Group 1 (G1) will be one line in the left back, Group 3 (G3) will be in one line in the right back. Coaches will continuously serve balls for 3 minutes. Use the following sequence.

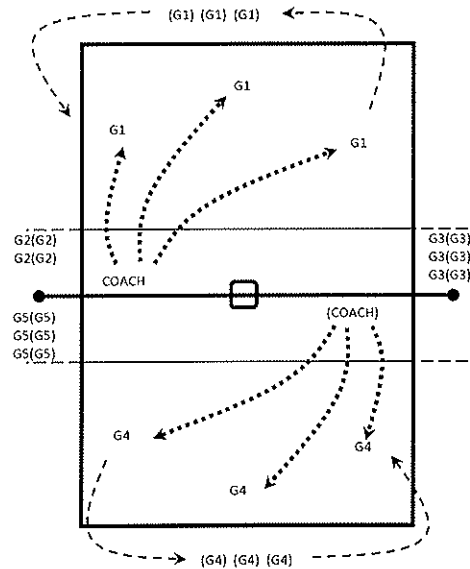
- 1) 1.5 min - Float serves
 - 2) 1.5 min - Top spin serves
- > Rotate Groups every three minutes



DRILL #2 - DIG-SET (20 minutes)

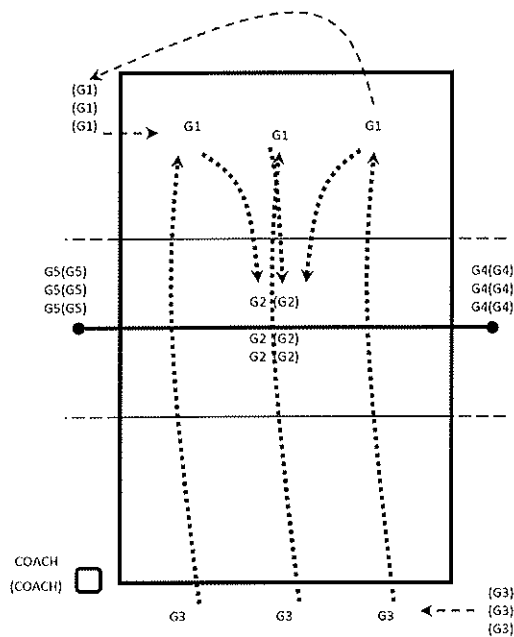
PART 1) Drill starts with three back row players in a read defensive position. Coach attacks balls from Right Front (2) at one of the three players, one of the other two players sets to the outside position. Groups stay for 3 minutes. (If groups are more than 3, rotate within the group every three balls)

PART 2) Same as Part 1 except coach enters balls from Left Front (4)



DRILL #3 - Serve Receive w/3 (20 minutes)

PART 1) Group 1 (G1) three across back row serve receive position. Group 3 (G3) serves continuously giving only enough time for passers to get back to serve receive. Groups rotate after 3 minutes. (If groups are more than 3, rotate within the group every serve)

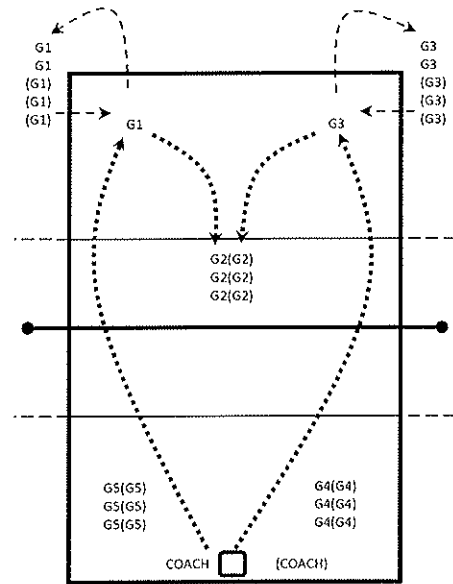


HOUR ONE: OH BREAKOUT

- > Divide OH into five groups of 3-6

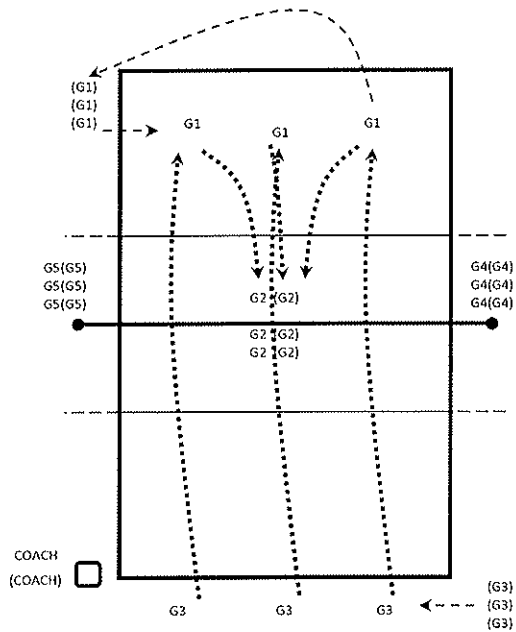
DRILL #1 - Serve Receive (20 minutes)

- > Group 1 (G1) will be one line in the left back, Group 3 (G3) will be in one line in the right back. Group 2 (G2) will target, Group 4 & 5 (G4) & (G5) will shag.
- > Coach will continuously serve balls for 3 minutes. Use the serving sequence below.
 - 1) 1.5 min - Float serves
 - 2) 1.5 min - Top spin serves
- > Rotate Groups every three minutes



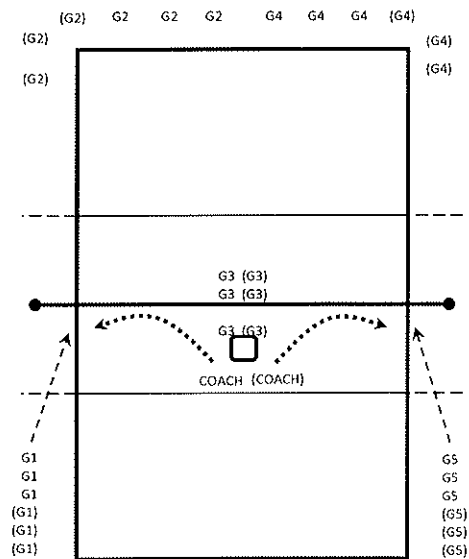
DRILL #2 - Serve Receive w/3 (20 minutes)

- PART 1)** Group 1 (G1) three across back row serve receive position. Group 3 (G3) serves continuously giving only enough time for passers to get back to serve receive. Groups rotate after 3 minutes. (If groups are more than 3, rotate within the group every serve)



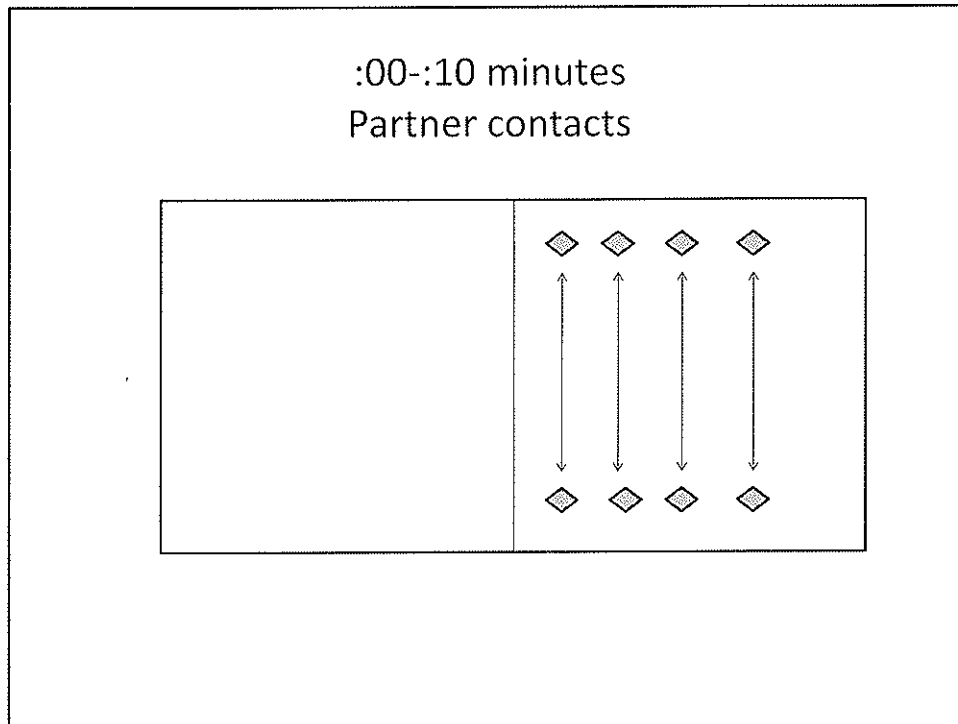
DRILL #3 - Pin Hitting (20 minutes)

- PART 1)** Coach, rapid fire, alternates from the 5 foot line tossing 4's and 5's. Group 1 and 5 hit. Groups 2 and 4 shag, making sure balls land before shagging. Group 3 hands. Players rotate in group. Groups rotate in order after time or evaluator says ok.



Setter Evaluation Drills 60 Minutes

- Focus is setting contacts under mostly controlled tosses
- Second focus is: backcourt defense, serve, block

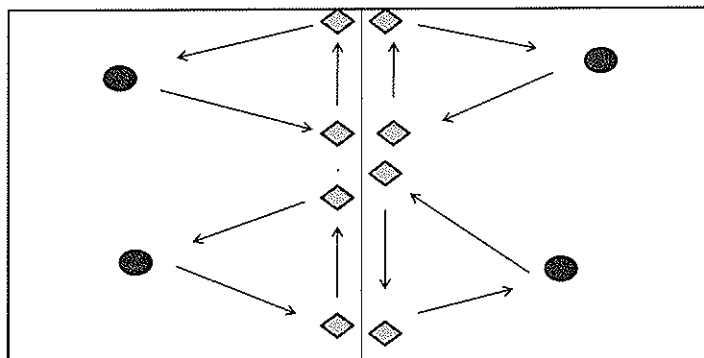


With partners:

- Players will warmup with overhead contacts
- In the ten minutes period, the players will:
 - Front set- start at 10' and progress to 25' sets back and forth. Can also set to self- set to partner
 - Set to self- turn – backset to partner
 - Sideset
 - Jumpset

At the end of ten minutes, coach should have an idea of talent groupings

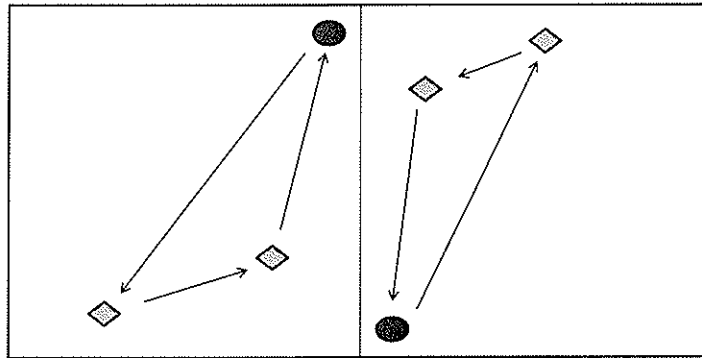
:10-:35 minutes
Triangle set from Toss



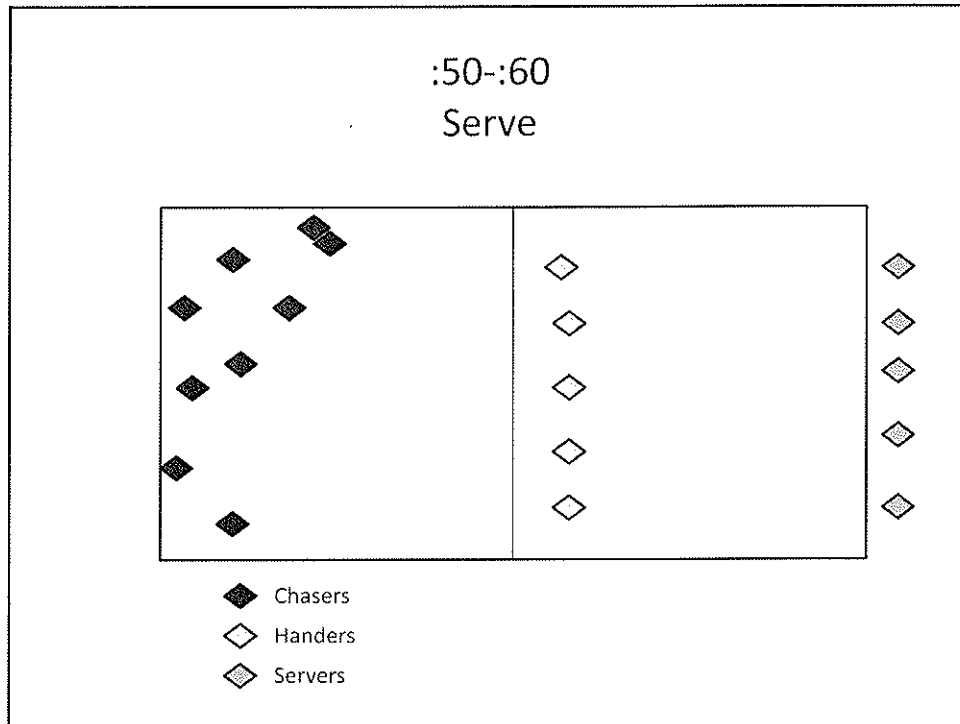
● Coach
→ Path of Ball

- Depending on numbers, coach will organize multiple setters, targets, feeders
- Setters will rotate on signal from evaluator
- In the available 30 minutes the setters will do the following
 - Front set
 - Back set
 - Jump set
 - Set from close distance (15') to target, set from long distance (25') to target
 - Do the above both at the net and moving off the net

:35-:50
Dig-Set



- Simple triangle digging drill
 - Coach will attack to one of the two active players
 - Players will dig to opposite who will either:
 - Set back to coach
 - Set away from coach (backset)
 - Rotate players according to numbers or when evaluators are ready



- Repetitive Serving

- Chasers will funnel balls to handers
- Handers will toss ball to servers
- Servers will serve to designate targets
- Servers will rotate on signal from evaluator

HOUR ONE: MIDDLE BLOCKER BREAKOUT

0:00 Block left side hitter, transition to attack "1"

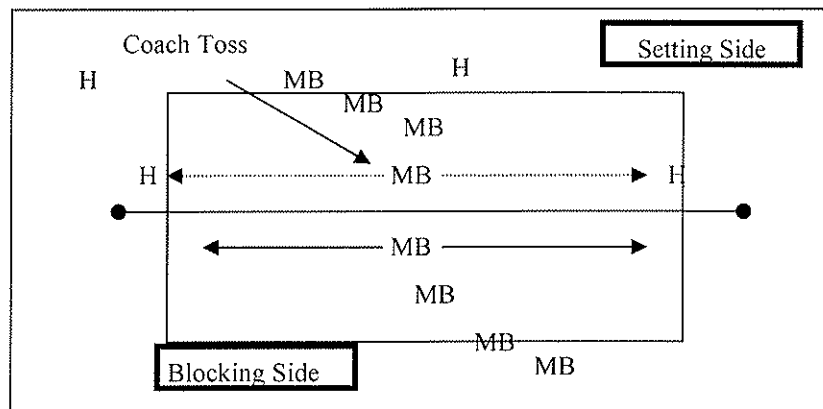
- Start at the middle of the net
- Use footwork to "block" left side hitter
- Transition and attack "1" from coach toss
- Groups of 5 MB's
- Attack 10 balls each MB

0:10 Block right side hitter, transition to attack "Slide"

- Start at the middle of the net
- Use footwork to "block" right side hitter
- Transition and attack "Slide" from coach toss
- Groups of 5 MB's
- Attack 10 balls each MB

0:20 Blocking/Setting Drill

- Set up drill as shown on Diagram
- Coach toss to MB and MB sets high left or right
- MB on other side moves to jump and "block" in that direction
- Split into 3 groups of MB's Setters, Blockers, Hander/Targets
- Each Middle sets 3 and rotates, do 3 rotations (9 balls per MB)



0:40 Serving

- Split Middles into two groups
- One group on each endl ine
- Serve for 5 minutes

0:45 Ball Control/Defense

- Split middles into 3 groups
- Use both sides of court
- 1 group in left back on each side
- 1 group handing/helping
- Coach "chip" balls over net, pass to target
- 5 balls per person the groups rotate (get thru 2 times)
- REPEAT drill by having left back dig from coach (get thru 2 times)

0:55 Attack toss 4's

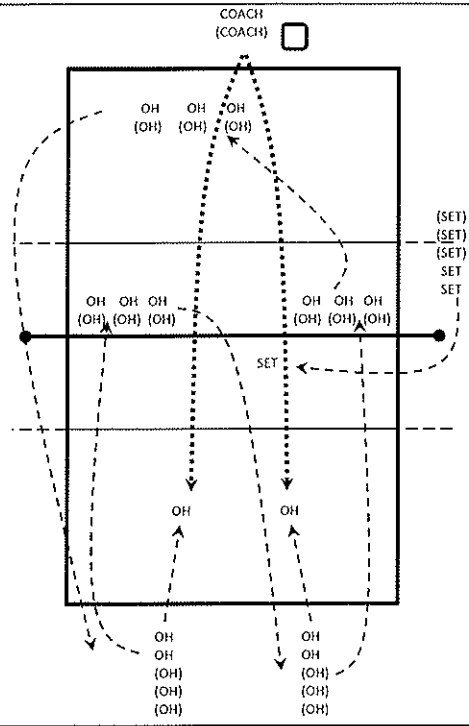
- Split Middles into two groups
- One group attack "4's" from coach toss
- Other group shag and hand
- 2 minutes per group

HRUR TWO: OUTSIDE HITTER & SETTER BREAKOUT WORK

- > Divide OH into five groups of 3-6
- > Setter will switch between OH & MB group every seven (7) minutes

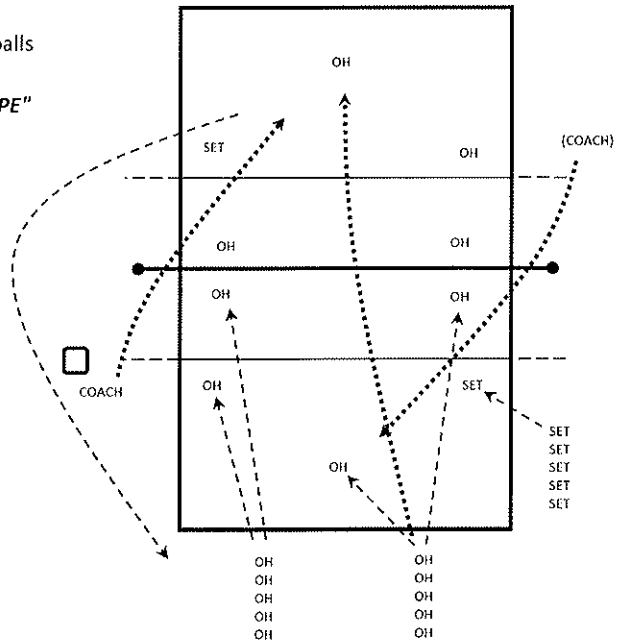
DRILL #1 - PASS TO ATTACK VS. TRIPLE BLOCK

- > Coach serves to left or right back player
- > Passing player transitions to attack vs. a triple block.
- > After three (3) minutes groups rotate
 - Shag to Hit
 - Hit to Block
 - Block to Hit
 - Hit to Block
 - Block to Shag
- > Sets should be 5' off the net
- > ****DO NOT ATTEMPT TO HIT TIGHT SETS****



DRILL#2 - 5 on 5 w/o MB

- > Initiate drill with a serve, Coaches alternate next four (4) balls
- Setter is always in 1
- Set Options: "GO" (leftside, second tempo set) "C", or "PIPE" (backrow middle, second tempo set)
- Rally games to 5



HRUR TWO: MIDDLE, SETTER & LIBERO BREAKOUT WORK

- > Divide MB into five groups of 3-6
- > Setter will switch between MB & OH group every seven (7) minutes

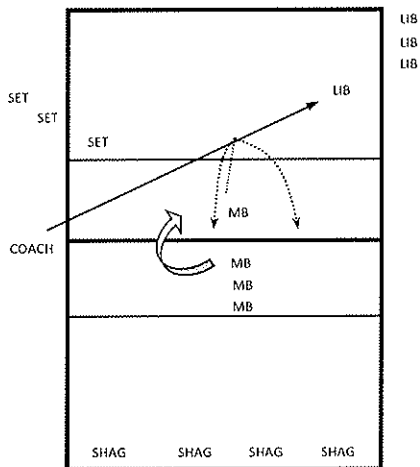
DRILL#1-- SETTER & MIDDLE BLOCKER w/LIBERO

- > The Coach hits balls to Setter or Libero.
- > If Setter digs Middle transitions from net to set out of system ball.
- > If Libero digs, Middle will transition to attack "WAVE"(right side, second tempo set) or "TIGHT"
- > (back one, first tempo set) from Setter
- >
- > Middles will be in groups of 3-5
- > Rep for 8 balls per Middle then rotate

DRILL#2-- SETTER & MIDDLES w/LIBERO

- > The Coach hits balls to Libero only
- Middles start at net and transition off to hit
- Setter will set "1" (middle front, first tempo set) and "RIP" (3 or 5 31)

- Middles will be in groups of 3-5
- Rep for 8 balls per Middle then rotate



HOUR THREE: ALL POSITION DRILL

SIX ON SIX - CONTROLLED SITUATIONS:

- > Controlled 6 vs. 6 with coaches entering down balls from opposite sideline.
- > Enter two (2) balls to each side and then side A will rotate - Switching by position. Side B waves every three (3) minutes.
- > Session is broken into three (3) fifteen (15) minute sessions

- PART 1)** Setter, from front row, must force middle on FIRST ball of the new rally
- PART 2)** Setter, from back row, must back set on FIRST ball of each new rally
- PART 3)** Setter, from front row, must force back row set on FIRST ball of each new rally

