

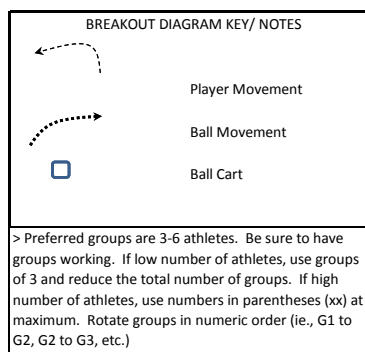
2012 USAV HIGH PERFORMANCE GIRLS' TRYOUT PLAN

- 2:30 PM Tryout Set-up**
-Ensure all courts and physical testing equipment are set up and ready
- 3:00 PM Staff Arrival**
-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**
-Short Shuttle run (4 line touches 3 meter to end line)

-Standing block jump** (1 hand only, NO step, 2 attempts)
-Approach jump** (Full approach, 2 attempts)
-Serving Eval** (4 Serves, 2 times, record ONE score)
-Serve Receive Statting (Passing)
- 5:00 PM Physical testing stops for opening announcements**
-Explain nature of tryout (not a camp...etc.)
-Introduce tryout staff
Each position breaks into position specific drills
- 5:05 PM**
Break into positions - FSL, SEL, YNT, JNT as numbers allow
- 5:10 PM Roll MUST BE taken on each court by Evaluators**
- 5:15 PM *Parent Information Meeting**
Parent meeting will start after the player meeting is over
- 5:15 PM See Position Breakout "HOUR ONE"**
- 5:20 PM Begin DRILL #1 of Hour One for Position Breakouts**
- 6:20 PM Lead Court Coach convenes group for "USA"**
-Water break and return to the main court
- 6:20 PM Combined Positional Breakout** - Rotate setters every 5 minutes, liberos every 10 minutes
> **Setters, Middles & Liberos (20 minutes)**
-Split age group
> **Setters & Outside Hitters (20 minutes)**
-Split age group
> **Libero Statted Serve Receive (4 - 10 minute waves)**
- 7:00 PM CONTROLLED 6 ON 6 SITUATIONAL (50 minutes)**
- 7:50 PM Closing Remarks**

USA Volleyball.

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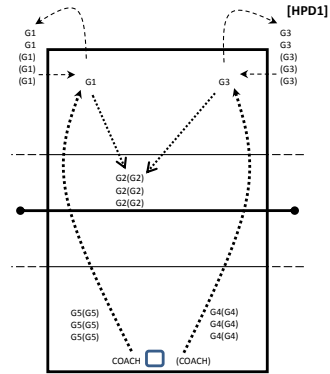


HOOR ONE: LIBERO BREAKOUT

- > Divide Liberos into five groups of 3 - (6)

DRILL # 1 - Serve Receive (20 minutes)

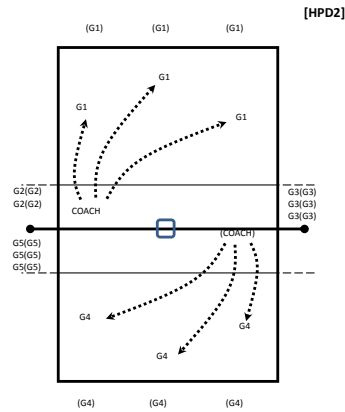
- > Group 1 (G1) will be one line in the left back, Group 3 (G3) will be in one line in the right back. Coaches will continuously serve balls for 3 minutes. Use the following sequence:
 - 1) 1.5 min - Float serves
 - 2) 1.5 min - Top spin serves
- > Each player should stay to pass 3 balls before rotating out.
- > Rotate groups every three minutes in numerical order G1 to G2, G2 to G3, etc.
- > **PLAYERS SHOULD BE GROUPED IN THE ORDER THEY APPEAR ON THE EVALUATION SHEET OR IN THE SPECIFIC ORDER REQUESTED BY THE EVALUATOR.**



DRILL # 2 - DIG-SET (20 minutes)

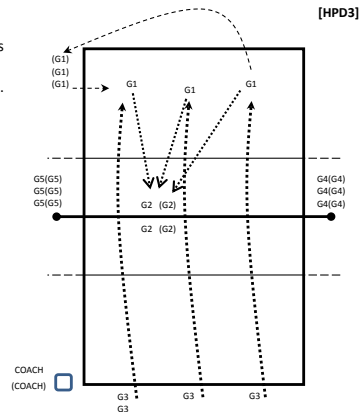
PART 1) Drill starts with three back row players in a read defensive position. Coach attacks balls from right front at one of the three players, one of the other two players sets to the outside position. Groups stay for 3 minutes. If groups are more than 3, rotate within the group every three balls.

PART 2) Same as Part 1 except coach enters balls from left front.



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

- PART 1)** Group 1 (G1) three across back row serve receive position. Servers in Group 3 (G3) alternate serving 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 from left to right.
- > Each player should stay to pass 3 balls before rotating out.
- > **PLAYERS SHOULD BE GROUPED IN THE ORDER THEY APPEAR ON THE EVALUATION SHEET OR IN THE SPECIFIC ORDER REQUESTED BY THE EVALUATOR.**

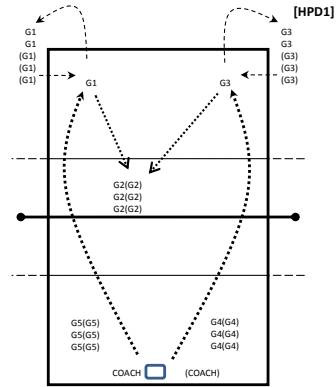


HOOR ONE: OUTSIDE HITTER BREAKOUT

- > Divide OH into five groups of 3 - (6)

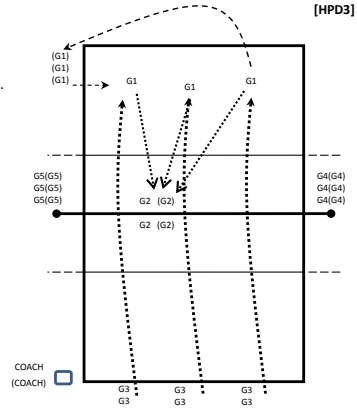
DRILL # 1 - Serve Receive (20 minutes)

- > 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 and hand.
- > Each player should stay to pass 3 balls before rotating out.
- > 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
- > **PLAYERS SHOULD BE GROUPED IN THE ORDER THEY APPEAR ON THE SERVE RECEIVE STAT SHEET FROM THE FIRST HOUR OR AS REQUESTED BY THE EVALUATOR.**



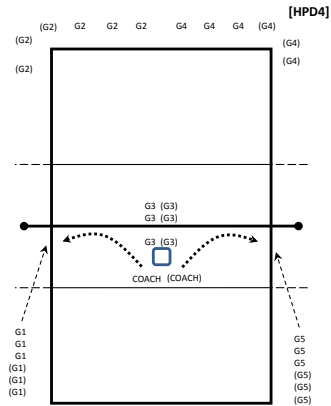
DRILL # 2 - Serve Receive w/3 (20 minutes)

- PART 1)** Group 1 (G1) three across back row serve receive position. Servers in Group 3 (G3) alternate serving, 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 from left to right.
- > Each player should stay to pass 3 balls before rotating out.
 - > **PLAYERS SHOULD BE GROUPED IN THE ORDER THEY APPEAR ON THE SERVE RECEIVE STAT SHEET FROM THE FIRST HOUR OR AS REQUESTED BY THE EVALUATOR.**



DRILL # 3 - Pin Hitting (20 minutes)

- > Coach(es) toss 4's and 5's from 5 feet off the net, rapid fire tosses for 2 minutes. 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.
- > Players must hit line the first time through.
- > Players must hit hard cross court the second time through, if time permits.

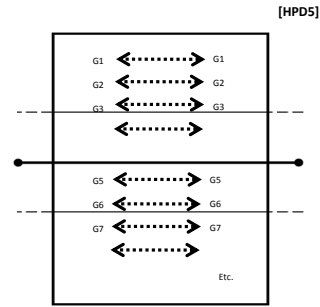


HOOR ONE: SETTER BREAKOUT

- > Divide Setters into partners.

DRILL # 1 - Partner Contacts (10 minutes)

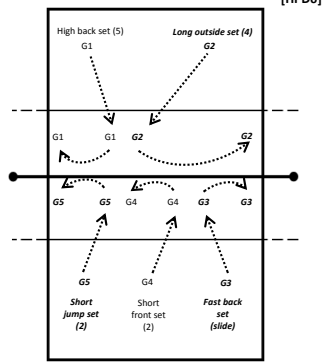
- > Players will warm up with overhead contacts.
- > In the ten minute period, the players will:
 - 1) Front Set- start at 10' and progress to 25' sets back and forth. Can also self-set to set to partner.
 - 2) Self-set, turn and back set to partner
 - 3) Side Set
 - 4) Jump Set
- > At the end of ten minutes, coach should have an idea of talent groupings.



[HPD5]

DRILL # 2 - Triangle Set from Toss (25 minutes)

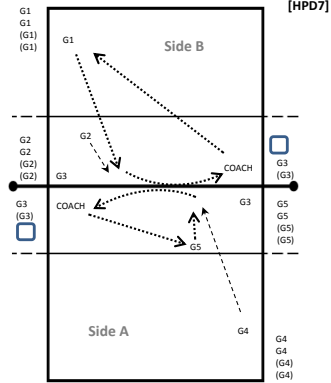
- > Divide setters into groups of 3.
- > Depending on numbers, coach will organize multiple setters, targets, and feeders.
- > Setters will rotate within their group every 90 seconds.
- > After all three rotations within the group, groups will rotate to the next station, clockwise (G1 to G2, etc.). The stations are as follows:
 - G1) High back set (5)
 - G2) Long outside set from the target setter position (4)
 - G3) Fast back set (slide)
 - G4) Short front set (2)
 - G5) Short front JUMP set (2)
- > Groups should utilize two balls per group to maximize contacts.



[HPD6]

DRILL # 3 - Dig-Set (15 minutes)

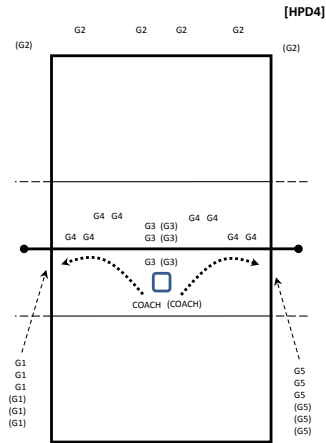
- > Simple triangle digging drill:
 - 1) Coach will attack to player at right front (A) or right back (B).
 - 2) Players will dig high to opposite who will release to setter spot and either:
 - > Set outside to coach.
 - > Back set away from coach to target.
- > Rotate players every minute according to numbers (G1 to G2, etc.) or when evaluators are ready. Backrow digger to front row digger to shagger/hander, etc.



[HPD7]

DRILL # 3 - Pin Hitting with Block (20 minutes)

- > Coach(es) toss 4's and 5's from 5 feet off the net, rapid fire tosses for 2 minutes. Group 1 and 5 hit. Group 4 should double block the hitters, switching after setting 3 blocks. Groups 2 shags, making sure balls land before shagging. Group 3 hands. Players rotate in group. Groups rotate in order after time or evaluator says ok.
- > Players must hit line the first time through.
- > Players must hit hard cross court the second time through, if time permits.



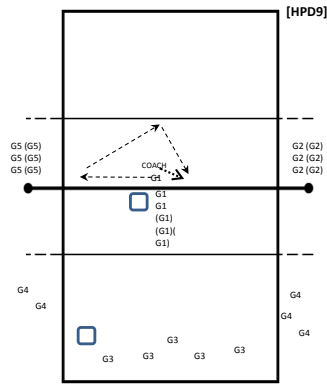
[HPD4]

HOOR ONE: MIDDLE BLOCKER BREAKOUT

- > Divide MIDDLES into five groups of 3 - (6)

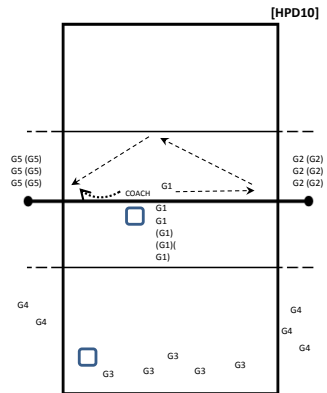
DRILL # 1 - Block Left Side Hitter, Transition to Attack "1" (10 minutes)

- > Start at the middle of the net.
- > Use footwork to "block" left side hitter.
- > Transition and attack "1" from coach toss.
- > Attack 10 balls each MB
- > Groups rotate according to numbers (G1 to G2, etc.)
- > All groups not actively involved in drill shag and hand to coach.



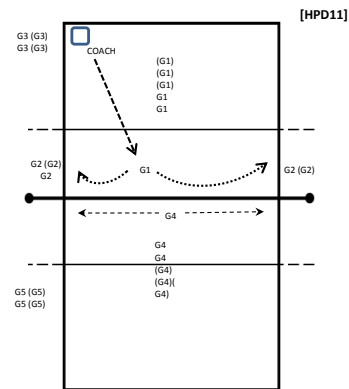
DRILL # 2 - Block Right Side Hitter, Transition to Attack "Slide" (10 minutes)

- > Start at the middle of the net.
- > Use footwork to "block" right side hitter.
- > Transition and attack "Slide" from coach toss.
- > Attack 10 balls each MB
- > Groups rotate according to numbers (G1 to G2, etc.)
- > All groups not actively involved in drill shag and hand to coach.



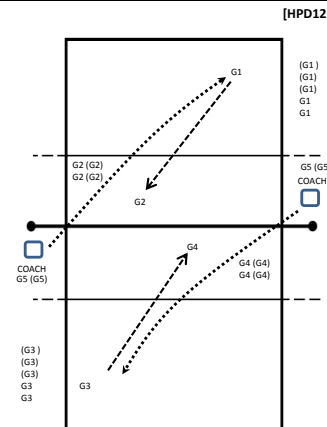
DRILL # 3 - Blocking/Setting Drill (15 minutes)

- > Coach toss to player (G1) and player sets high left or right.
- > MB on other side (G4) uses blocking footwork to transition and then "block" at left or right front.
- > Each MB (G1) sets 3 balls and rotates, go through 2-3 rotations, depending on numbers (6-9 balls per MB in G1).
- > Each MB (G4) transitions and "blocks" 1 ball, next MB rotates in immediately.
- > G2 catches set balls and tosses to G3, who hands to coach.
- > G5 is off.
- > Groups rotate according to numbers (G1 to G2, etc.)



DRILL # 5 - Ball Control/Defense (10 minutes)

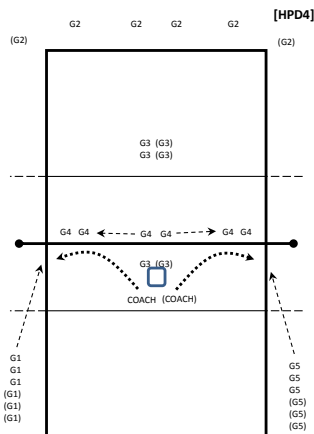
- > Players at left back on both sides (G1 and G3)
- > Coach "chips" free balls over the net, players forearm pass to target (G2 and G4)
- > Targets (G2 and G4) toss balls to handers (G5) who hand to coach.
- > Each player passes 5 balls in a row, then rotates out. Go through twice (10 balls each).
- > REPEAT drill by having left back dig a ball hit by coach (go through twice).



DRILL # 3 - Pin Hitting with Block (20 minutes)

- > Coach(es) toss 4's and 5's from 5 feet off the net, rapid fire tosses for 2 minutes. Group 1 and 5 hit. Group 4 should transition and double block the hitters, switching after setting 3 blocks. Groups 2 shags, making sure balls land before shagging. Group 3 hands. Players rotate in group. Groups rotate in order after time or evaluator says ok.

- > Players must hit line the first time through.
- > Players must hit hard cross court the second time through, if time permits.

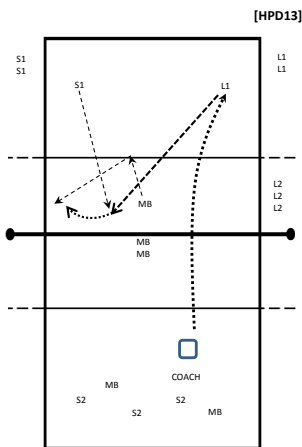


HROR TWO: MIDDLE, SETTER & LIBERO BREAKOUT WORK

- > Divide MB into five groups of 3 - (6)
- > Setter will switch between MB & OH group every seven (7) minutes
- > Divide LIBS into two groups. 1/2 will stay with MB for 10 's, 1/2 will go to another court for more statted serve receive. Groups switch every 10 minutes so that each LIB group participates in both MB drills and gets two sets of S/R passing.

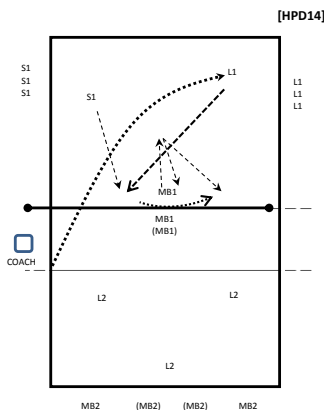
DRILL # 1- SETTER & MIDDLE BLOCKER w/LIBERO (20 minutes)

- > Coach hits balls over the net to Setter or Libero.
- > If Setter digs MB transitions from net to set out of system ball.
- > If Libero digs, MB will transition to attack the "Slide" (right side, second tempo) or "A" (back 1, first tempo) from Setter (shown in diagram)
- > Setters and liberos switch off in their groups every ball, MB stays for 8 balls, then S1 and L1 switch with S2 and L2.



DRILL # 2- SETTER & MIDDLES w/LIBERO (20 minutes)

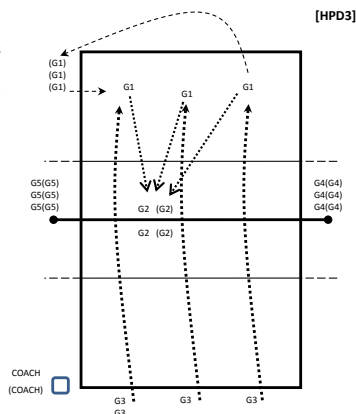
- > Coach hits balls to Libero only.
- MB start at net and transition to attack.
- Setter will set "1" (middle front, first tempo set) and "Wide" (3 or 31).
- Liberos on opposite side of net will dig a high ball to themselves, catch it and hand to coach/cart.
- > Setters and liberos switch off in their groups every ball, MB stays for 8 balls, then L1 and M1 switch with L2 and M2.



LIBEROS during Hour 2

DRILL # 1- Serve Receive w/3 (4 sets of 10 minutes)

- PART 1)** Group 1 (G1) three across back row serve receive position. Servers in Group 3 (G3) alternate serving 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 from left to right.
- > Each player should stay to pass 3 balls before rotating out.
 - > **PLAYERS SHOULD BE GROUPED IN THE ORDER THEY APPEAR ON THE EVALUATION SHEET OR IN THE SPECIFIC ORDER REQUESTED BY THE EVALUATOR.**

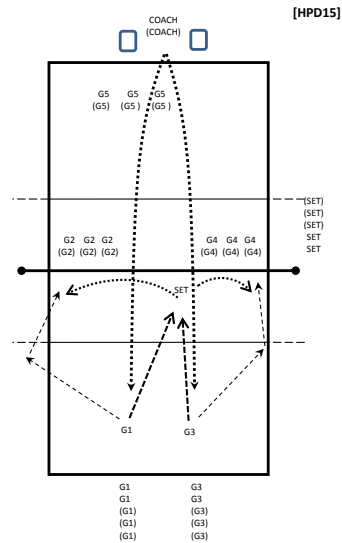


HROR TWO: OUTSIDE HITTER & SETTER BREAKOUT WORK

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

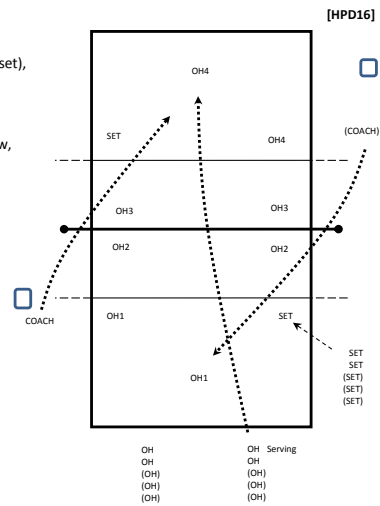
DRILL # 1 - PASS TO ATTACK VS. TRIPLE BLOCK (20 minutes)

- > Coach serves to left or right back player (G1 and G3).
- > Passing player transitions to attack vs. a triple block (G2 and G4).
- > G5 shags and hands to coach. After three (3) minutes groups rotate in number order.
- > Sets **MUST** be 5' off the net
- > ****DO NOT ATTEMPT TO HIT TIGHT SETS. HITTERS SHOULD BE TOLD TO WALK AWAY FROM TIGHT SETS****



DRILL # 2 - 5 on 5 w/o MB (20 minutes)

- > Initiate drill with a serve, coaches alternate next four (4) balls
- Setter is always in 1
- Set options: "GO" (left side, second tempo set) "5" (high back set), or "PIPE" (back row middle, second tempo set)
- Rally games to 5
- > Pairs of OH's wave according to numbers, back row to front row, to opposite front row, to back row to back in line.



HROR THREE: ALL POSITION DRILL

SIX ON SIX - CONTROLLED SITUATIONS (50 minutes)

- > Controlled 6 v. 6 with coaches entering downballs from opposite sideline.
- > Play starts with Side A serving. Then coaches enter two (2) balls to each side and then Side A will wave - switching by position. Side B waves every three (3) minutes.
- > Session is broken into three (3) fifteen (15) minute sessions

- Session 1)** Setter, from front row, must force middle on FIRST ball of the new rally
- Session 2)** Setter, from back row, must back set on FIRST ball of each new rally (MB may be off during this if MB numbers are low)
- Session 3)** Setter, from front row, must force back row set on FIRST ball of each new rally

