



Educational Tip of the Week

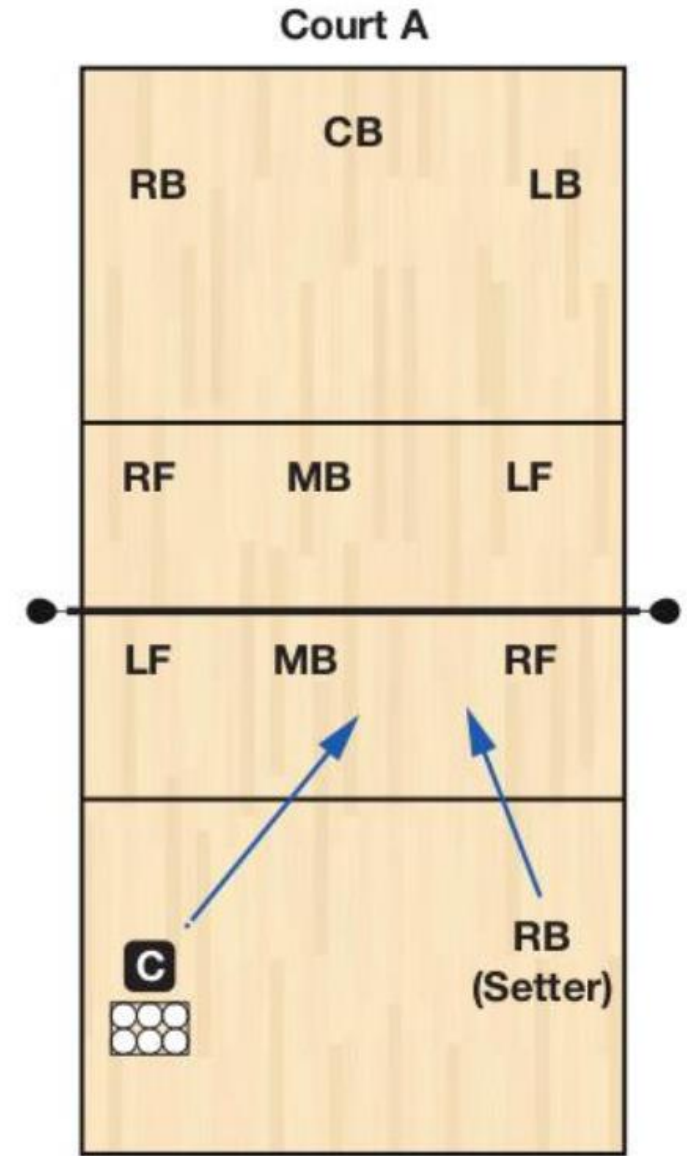
Position Freeze Drill
2019 Coaching Volleyball:
Skills and Drills

Position Freeze

- **Number of Players:** 10
- **Number of Balls:** Steady supply
- **Objective:** For teams with inexperienced players, this drill reinforces positioning on the court in order to cover the attack and free balls. It also provides practice for spiking and blocking.

Directions:

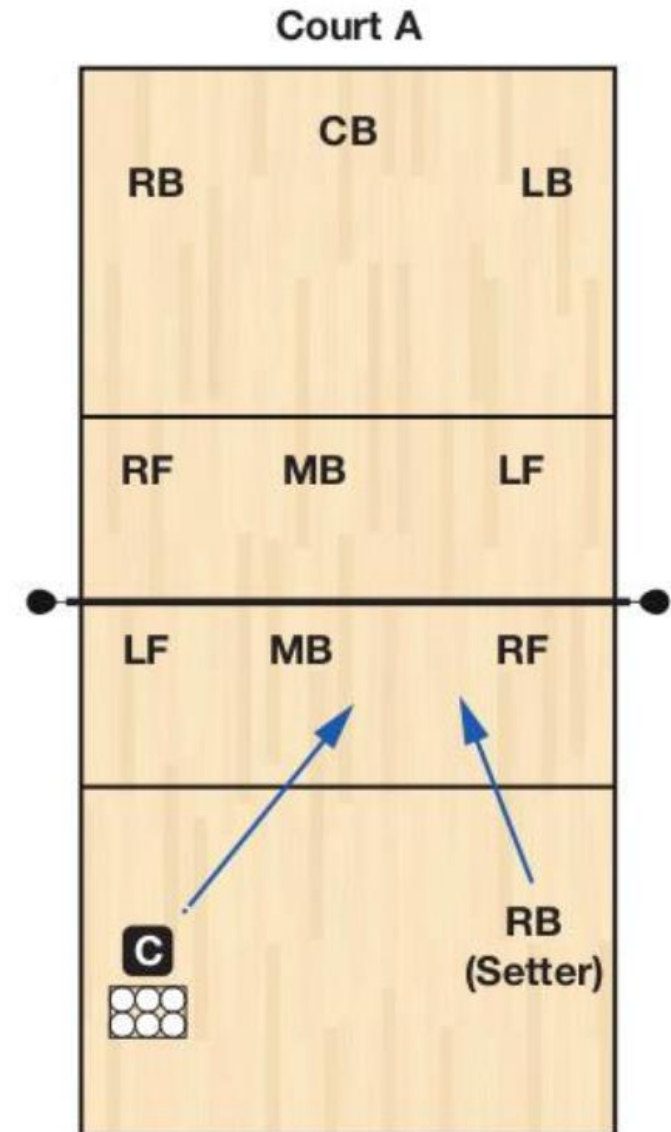
- Six players on Court A in the starting position. Four players and one coach on Court B. Players in positions RF, CF, and LF. Setter is coming in from the RB position.
- Coach (C) starts play by tossing a ball to S. S sets to one player designated by C. Player attacks the ball.



Position Freeze

Directions:

- Players on Court A move into defensive positions to cover the attack. Six on four play continues until dead ball. One point is awarded to the team that wins the point.
- C mixes up types of sets and to which player the ball is set. C also has attacking player catch the ball instead of hitting the ball
- When attacking player catches the ball, all players on Court B and coach point out correct position
- If all players are in correct positions, Team A is awarded two points. If not, Team B is awarded two points.
- First team to reach 15 points wins.
- Have all players rotate into new positions after five or six tossed balls.



THANK YOU FOR
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REGION

YOUR PARTNER IN VOLLEYBALL

