



### IHSVCA Boys Volleyball Trac by Arnie and Lloy Ball

2pm: Dynamic, **IPFW Blocking Drill** while L/DS weave ball control

2:10-2:30pm: Russian pepper (**cooperative 6 on 6 ball control drill**)

2:30-2:45pm: A vs B **servers/passers vs. servers/passers**

2:45-3pm: Indy work: **Setters with Quicks, DS/L with pins hitting OOS**

3-3:30pm: Wash Drill: **Free ball(quick), Free ball (bic), free ball (counter flow) Down ball (pins) Offense MUST get 3 out of 4, defense must get 2 out of 4. Otherwise WASH**

3:30-3:45pm: Passing machine, under net drill, Hi-Five

3:45-4pm: **USA Drill. Three consecutive points to rotate or wave PLUS a serve to prove it!!**

