



DYNAMIC BALL CONTROL

This is an excellent 6 vs. 6 drill for improving teamwork and communication.

To start, set up one player at each corner of the net with a setter in the middle of the court at the 10ft line. A fourth player should line up in the middle back position and the 5th and 6th players should line up outside of the court behind the 4th player. After each contact, the player will follow their pass and take over the spot of the player they passed the ball to (follow their ball).

A coach initiates the drill by throwing a ball to either corner of the back row. The player in the middle back position moves to the ball and passes it to the setter in the middle of the court. The setter sets/passes to the player at the net on the opposite side of where the ball was first played. The player at the net should play the ball straight back to the corner they are facing and the process will continue. Players need to remember to follow their ball to take the position of the player they passed to. Players at the net will return to the back of the line after their contact.

To add communication, players should call out the name of the person they are passing to every time they touch the ball. The drill can continue until the group as a whole has completed a certain number of consecutive touches.

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