

OVERVIEW

These are progression drills for Attacking. Please keep in mind the physical distancing requirements outlined below. This is a practice plan (drill bank) for an hour and does not include stretching or cool down. It is advised that the plan is either adjusted to include these activities or the students are asked to do these well away from the court before and after the session. Please use the drills you see fit based on numbers and space available. When coaches are splitting into groups it is important to try and pair/group up with athletes who are at a competitive balance

1. Participants must maintain physical distancing

- Two meters apart from one another at all times, including on court.
- In Phase 2 of the BC Restart Plan, individuals may only get together in small groups of around 2-6 people. There must be no more than 6 individuals on the court and/or sharing the same ball.
- Blocking at the net is not permitted.
- Non-contact activities only. No handshaking, high fives, hugging, etc.
- No sharing of water bottles, towels or other personal items
- Enhanced hygiene measures including frequent and proper handwashing.
- All participants, coaches, and staff should consider wearing a mask and gloves.

2. Reduce contact with balls, nets, and other shared equipment.

- Implement enhanced cleaning protocols for common areas and common equipment.
- Use a minimal amount of volleyballs and keep them designated for specific groups of participants. If a ball from another court comes over, participants should use their feet to kick it back.
- Clean balls at frequent intervals and especially between different user groups. Clearly separate sanitized balls from those requiring cleaning.
- Consider assigning the coach or one individual to be responsible for all set-up and take down of the posts and nets to reduce the number of contact points.

3. Limit activity to skills and drills focus

- Activities should only be those typically done in practice and/or training environments, which permit physical distancing at all times (e.g. Individual serving, passing, setting, attacking practice).
- Blocking at the net is not permitted.
- No games/ competitions. Competitive volleyball does not permit physical distancing at two meters and should not be played at this time.

4. Remain community focused

- Stay within the home sport community or club where participants are members.
- No cross-regional, inter-provincial or cross-country travel. Note that non-essential travel within B.C. and Canada is currently very strongly discouraged (this is expected to change later in the summer).

Until further notice (during the Transition Measures Phase), the following is not permitted:

- Activities that do not permit physical distancing
- Activities that have a high risk of injury
- Competitive activities that encourage large group gatherings
- Large public events or gatherings

ATTACKING PROGRESSIONS

Introductions and Warmup

- Please remind all students of the above mentioned protocols. Emphasize the physical distancing and only using the same balls. Do not get balls unless instructed and if you handle a ball from an adjoining court please use your feet.
- Movement drills from baseline guided by coach. Make sure you are using half the court and there is 2 meters between students.

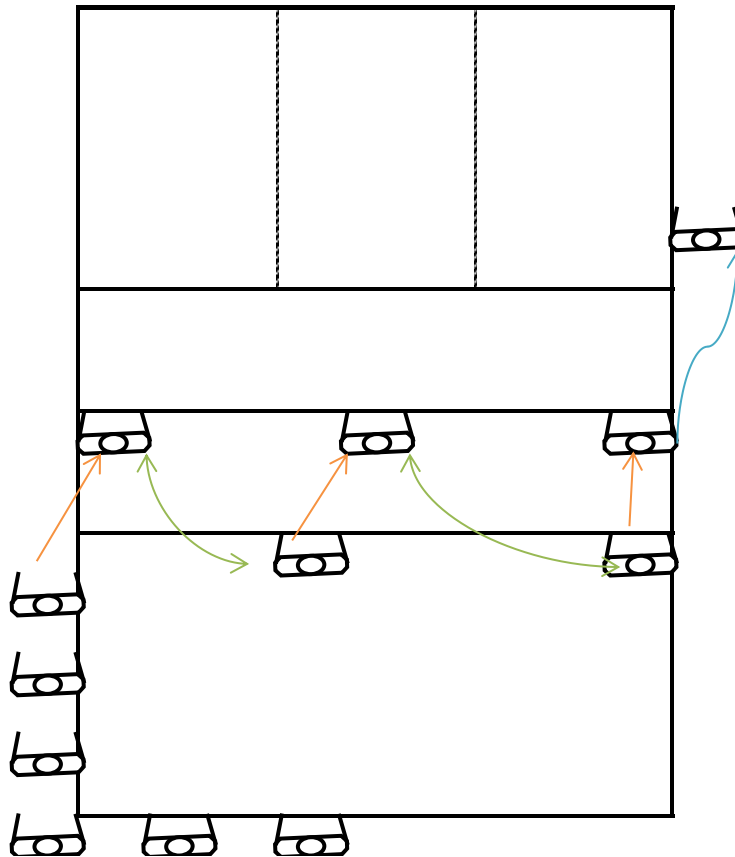
Arm swing

- In partners across the net at attack line. Self-toss and hit ball off floor under net to partner. Hit as hard or as soft as you need to for control with focus on high contact point and good wrist snap.
- In partners across the net at attack line. Self-toss and hit ball over the net to partner. Hit as hard or as soft as you need to for control with focus on high contact point and good wrist snap.
- Each partner takes a meter step farther off the net every 5-10 contacts.
- Add a “self-pass” for the more experienced athletes.

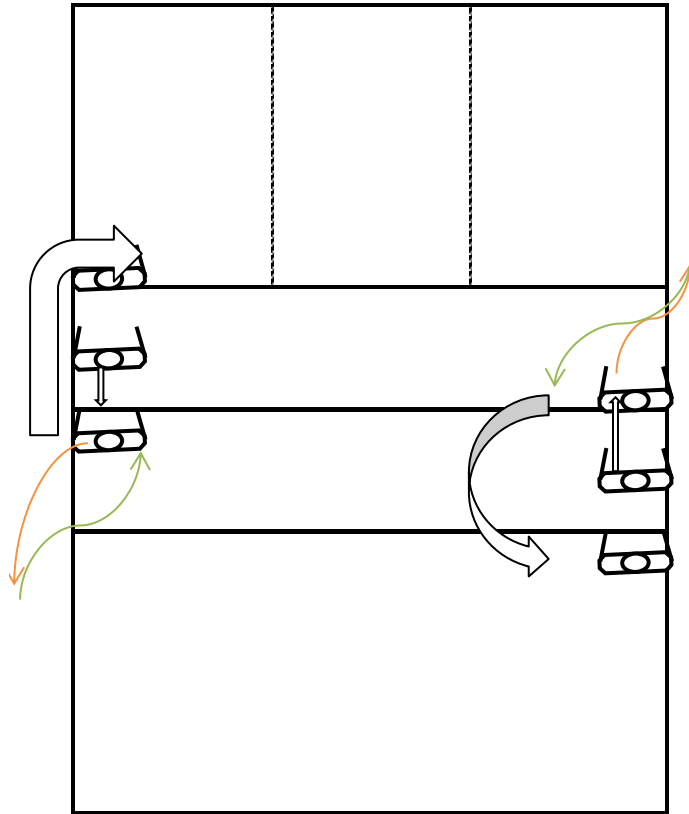
Footwork/Approach

Please Note: Only use one side of the net to avoid athletes approaching from opposite sides of the net. Or Use only the opposite approach angles (both left side and both opposite side attacks) to avoid contact through the net.

- **Position 4/3/2 Approach warmup-** On one side of the net all athletes' line up for a left side attack in position 5 maintaining safe physical distancing. First player attacks (without ball) from position 4 then transitions off the net to position 3 and attacks again. They then transition to position 2 and attack again forming a line in position 4 on the opposite side of the net when complete. Once the last person is finished they will repeat on the opposite side. Coaches to focus on skill correction from a safe distance. This drill should be done with a controlled speed and not hurried. Focus on swinging as if a ball was being used and landing correctly. Finish landing and peel correctly. *****Please monitor safe physical distancing throughout the drill!**



- Block to transition- Using both sides in position 4 with replacement players on opposite side at the attack line. Players in position 4 on both sides of net perform a block jump then transition to a left side attack (no balls). After completion replacement player steps under the net and attacking player goes around the post to end of line keeping safe physical distancing.



Combining footwork and arm-swing

- **Self-toss with attack (position 6)**- All players have their own ball lined up in position 6 on the same side of court. Object is to toss the ball and hit behind the attack line. After attacking players go around the post and shag their own ball when safe to do so while remaining at a safe physical distance. Once everyone is finished do the same coming back the opposite way. Coach to skill correct from a safe distance.
- **Self-toss with attack (position 3)** - Same drill as above but now attack is moved to the net out of position 3. Players must still finish attack and go around the post to encourage safety and physical distancing. Coach can be situated in a position to make sure balls do not bounce back under the net but still in a good position to skill correct. All players must remain off the court until everyone is finished. The same drill can also be run out of position 2 or 4.
- **Player set/ toss**- Again every athlete has their own ball and lines up in position 4 keeping in mind safe physical distancing. First player in line bounces ball to the setter who tosses or sets a hittable ball. Player shags ball and returns to the end of the line. Please enforce going around the post and staying off the court for safety. Rotate setters every 10 balls or when coach advises. Same drill can be done out of position 1/2/6 but not 3 as the tosser/setter cannot keep safe physical distancing.