

Educational Tip of the Week



Dump Coverage

Coaching Volleyball Skills and Drills

Source: Aggressive Volleyball

Dump Coverage

*The Purpose of **Dump Coverage** is to teach defenders how to read an attacking setter and to teach setters how to dump (attack) a wide range of locations.*

Goal: Offense competes against defense to reach 15 points. A dig in-target earns 2 points, and a settable dig earns 1 point.

Equipment Needed: Balls; floor tape or discs to designate target areas

Dump Coverage (Cont.)

Explanation:

1. Start with the coach hitting a down ball to two passers.
2. The setter attacks to score in any area, and the blocker and defenders try to prevent the score. If the setter doesn't score off the pass, the passer who set the ball rotates out.
3. The defenders attempt to play the ball into the marked-off area to score 2 points. If a defender doesn't make a play that earns a point, he or she rotates off.

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YOUR MEMBERSHIP
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YOUR PARTNER IN VOLLEYBALL

