



ON THE LINE

VOLLEYBALL

7 Touch Pepper – Drill Challenge

Instructions: Pick a day to start and begin with Phase 1 exercises. Complete each exercise with the given frequency (either reps or time), check it off and then move on to the next exercise. It’s a progression so start with Pass to Yourself then move on to Set to Yourself and so forth. Once you have completed one Phase move on to the next until you have finished all Phases including the GOAL Phase. Once you’ve completed the GOAL Phase, you are ready to perform the 7 Touch Pepper drill! This is a self-paced training drill so be sure to record when you start and when you finish to see how long it takes you to perform the entire drill! Parents can do this too!

Start Date _____ Start Time: _____ End Date _____ End Time _____

	Pass to Yourself	Complete	Set to Yourself	Complete	3 Touch Passing	Complete	3 Touch Setting	Complete	6 Touch Passing/Setting Combo	Complete	7 th Touch Pass	Complete	7 th Touch Set	Complete
Phase 1	10 Reps		10 Reps		:10 sec		:10 sec		1 Rep		1 to Target		1 to Target	
Phase 2	20 Reps		20 Reps		:15 sec		:15 sec		2 Reps		2 to Target		2 to Target	
Phase 3	30 Reps		30 Reps		:20 sec		:20 sec		3 Reps		3 to Target		3 to Target	
Phase 4	40 Reps		40 Reps		:25 sec		:25 sec		4 Reps		4 to Target		4 to Target	
GOAL Phase	50 Reps		50 Reps		:30 sec		:30 sec		5 Reps		5 to Target		5 to Target	