



187) Fight at the Net:

Players transition to the net in this drill.

Level: 3.0 & Higher

Players 1 & 2 start on the service line and players 3 & 4 start in no-man's land. Players 5 & 6 are on deck.

Ball 1: Pro feeds a ball to players 1 & 2 and players 3 & 4 must rush the net against that net team that is already established at the net.

Ball 2: Pro feeds again with all players now starting at the net.

Ball 3: Same as ball 2, but this is also the **money ball**. Whoever wins this point are the champions (which is the side where players 1 & 2 are)

Whenever there is a new champion going over, they **MUST** hit under spin on the pro's feed, then anything goes.

Note: this drill has a **death penalty** which means if there is ever a **clean winner** hit, the rotation is automatically over.