

**188) Killer Doubles:**

Nasty feeds are a part of this drill.

Level: 3.0 & Higher

Players 1 & 2 start at the baseline against players 3 & 4 who start at the net.

Three points are played in this drill and then the players rotate one spot around the court.

The baseline team always feeds the ball into play.

Each feed should be as NASTY as possible.

The baseline team should be trying to hit a clean winner on their feeds if possible. Then the points are played out.

We like this drill because it is a way more realistic experience for the net team vs what most net drills are.