

8 player version

16) Mini Around the World:

This is a fun drill that teaches players to hit sharp angles and touch within the service boxes.

Level: 2.5 and higher

Pro feeds the players on the opposite side two low and wide angle feeds.

All 4 players play out the point in a mini-tennis game trying to hit winners only by using angles and touch, no power. Volleys are not allowed.

After 2 points are played all (teams) quickly rotate one spot to their right around the entire court.

V= Allow players to hit volleys, but still only touch, no power.

V= Play only 1 point for a Cardio version of this game

