



11) Lobster Cup:

Team drill featuring lobs and overhands.

Players 1 & 2 are a team competing against players 3 & 4.
Players 1 & 2 start at the net.

This game is played our cross-court only. Player 1 plays player 2 and then player 2 plays against player 3. They alternate doing this.

Player 1 must stand inside **zone 1** (yellow area in diagram). He feeds a ball cross-court to player 4 who **must lob** that first ball. Player 1 may not back up until his feed bounces on the other side. Then the point is played out cross-court between just those 2 players.

After the first point, players 2 and 3 do the same thing.

After a few minutes have the players switch ends of the court so they can work on both skills.