



8 player version

21) Speed Feed:

Groundstroke game for a team of players.

Players **4** and **8** are the feeders for their team. They are trying to feed winners on the opposing team each time they feed the ball.

The rest of the players play a singles point against other team (only 2 players at a time) with the winning players staying in and trying to win 3 points in a row, which would earn his team a “point”.

The key to this drill is for the feeders to feed immediately and very tough to the other team so that their side does not lose 3 points in a row.

Each time a team scores a point, both teams rotate a new player into the feeder’s position.