



### 6) Hunter

Practicing doubles in the **1 UP, 1 BACK** formation.

Each team has three players. Four of the players line up in position as shown in the diagram with an on-deck player on each side.

We do not serve in this game because it slows it down. Player 1 feeds the ball into play and **STAYS BACK** while the point is played out.

The purpose of this drill is to make sure that the two net players are doing the doubles dance where they move in and out of the court while trying to pick off the ball.

For a long time, we didn't want to practice this way, but the reality is this is how many of our players play, so now we train for it.

After each point, the players rotate one spot on their own side and after several minutes they switch sides of the court.