



7) Jerk Triples:

Player fed drill that teaches doubles transition skills.

Players 1-2-3 are a team playing against players 4-5-6.

Players line up to start a doubles point with one team member on deck.

Player 1 feeds the ball and **should attempt to hit a winner on his feed**. Then the point is played out.

Player 1 **must** rush the net after he feeds the ball.

After each point is played, players rotate one spot on their own side of the net.

After either team gets to 10 points, they switch ends and do the same (so both teams feed) and play to 21 points.

The purpose of this drill is to get lots of doubles points played in a short amount of time and the tough (jerk) feed requires everyone on the court have to be ready for anything.