



1) Triples:

Player fed drill that teaches doubles transition skills.

Level: 2.5 and higher

Player 1 feeds the ball to player 5 and must rush the net. Player 5 can hit the ball anywhere he wants. The point is played out and then 1 goes to the 2 spot and 2 goes to the 3 spot. The other side rotates in the same manner.

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 is to give players a lot of repetition of playing the first ball after the serve (the shot players fear the most and keeps many of them from coming to the net.)

This drill allows them to practice hundreds of trips into the net, whereas to play doubles and get hundreds of trips into the net would take about 4 hours of regular doubles play.

V= Feed straight ahead (Australian version)

V= Serve the feed – OK if it is long (close enough rule) If serve goes into net, serving side (loses point) and rotates but the returning side does not rotate.