



38) Party at the Net:

This is a great drill to teach players the transition volley. Points are played cross court only in this 2 ball drill.

Level: 3.5 and higher

Ball 1: Pro feeds a volley to player 4 and both player 4 and player 1 crash the net and play the point out XC.

Ball 2: Pro feeds a low wide feed to the other half (add court) and the players play the point out XC the other direction. Player 4 must hit under-spin off the feed of ball #2 and learn to keep it low.

After 2 points are played the players switch ends and the next 2 players do the same.

V: Feed the 2nd ball as a high BH Volley/OH and the point is still played out XC the other way.