



#### 4) Overhead Game:

This is a 3-ball drill that makes players hit a ton of overheads under pressure.

Level: 2.5 and higher

**Ball 1:** Pro feeds an approach shot to either player 3 or 4. They must come to the net and play out the point. If they win that point they move to ball 2.

**Ball 2:** Pro lobs the net team and they play the point out. If they win that point they move to ball 3.

**Ball 3:** Another lob to the net team. If they win all 3 points they run over and replace the champions and the pro feeds the ball as they run over.

If at any time the challenging team loses a point, they must rotate to the end of the line (If they lose, they cruise.)

V= Change the approach to an approach volley

V= Have players play 3 points no matter what and then always run over to become the champions – (Cardio version) - feed must then be a bounce OH.