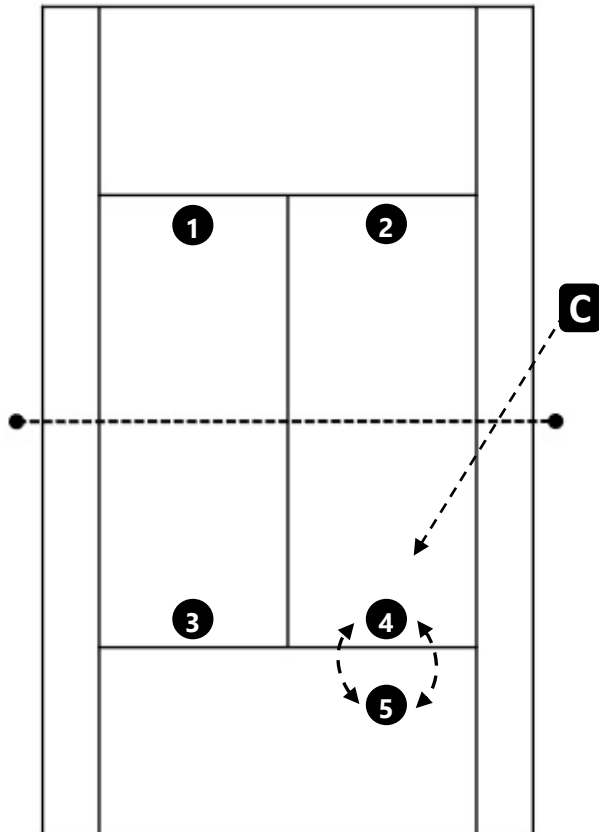


DOUBLES DRILLS



118) Exit Volleys:

Level: 3.0 & Higher

Reflex Volley drill with some movement.

Players start at the service line with the extra player "5" behind player 4.

Coach feeds in the ball and all the players play out a reflex volley point. Whenever players 4 or 5 hit a shot, they must switch spots with each other.

All the other players stay in to play the entire time. This rotation between players 4 & 5 forces them to volley from a more difficult position and will force them to play tougher volleys than the other players.

After a few minutes, all the players should rotate around the court so eventually each player gets to play in the positions where players 4 & 5 started.

Variation 1: Add a sixth player behind player 3.