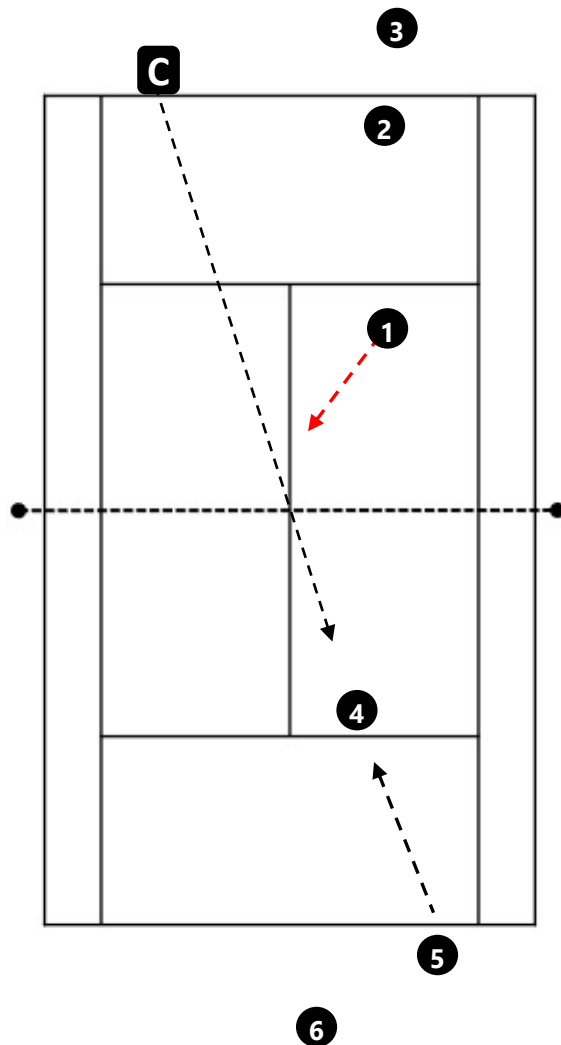


DOUBLES DRILLS



169) Poach Nation:

Level: 3.0 & Higher

Learning about the secondary poach.

Players 4-5-6 start opposite of the coach's side and must serve and volley.

Players 1-2-3 are on the coach's side and are looking for a low return where the incoming serve and volleyer must volley from below net level.

When this happens players 1-2-3 must recognize it and move in to make a **secondary poach**.

The coach should mix up his feeds (the return) to give the volleyer high and low returns.

The lesson to be learned in this drill is for players 1-2-3 to recognize **WHEN** the return has been hit low and then move in to put pressure on the volleyer and maybe even pick off the next shot with their own volley.

This is a commonly missed opportunity for most club players and a skill that should be mastered.