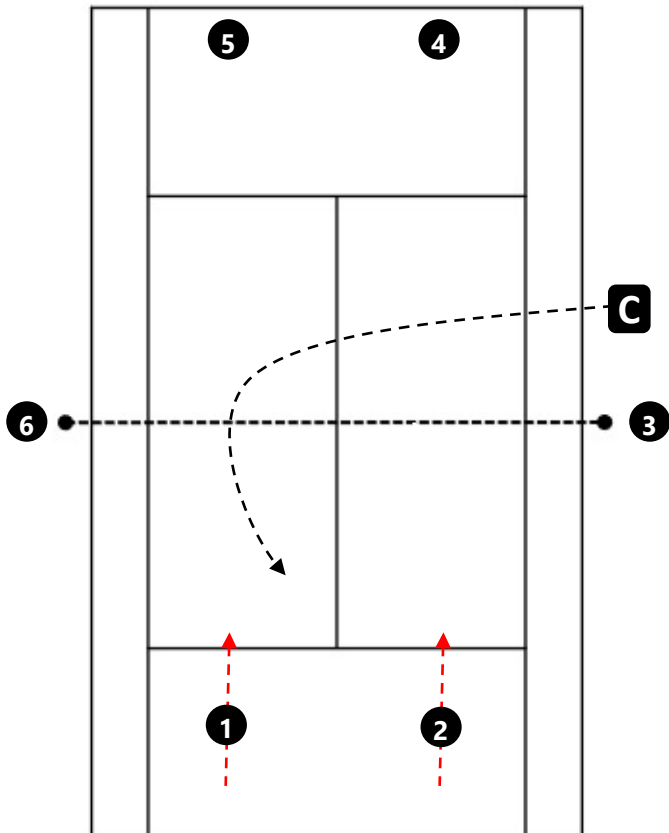


DOUBLES DRILLS



47) Bail:

Level: 3.0 & Higher

This is a drill great that teaches to fight for a point and defend against an overhead.

Ball 1: Coach feeds the players on the far side a short lob that they must bounce and then hit an aggressive overhead at the opposing team which has retreated and dug in for the incoming overhead.

Ball 2: Coach feeds the same type of feed to either player on his side.

Ball 3: Same as ball one.

Ball 4: Same as ball two.

After four points are played with each player hitting one of the feeds, the players rotate one spot around on the court.

Players keep track of their score with any point won by the attacking team being worth one point to them, but any point that is won by the defending team is with two points. This really emphasizes the point of the drill which is to defend.