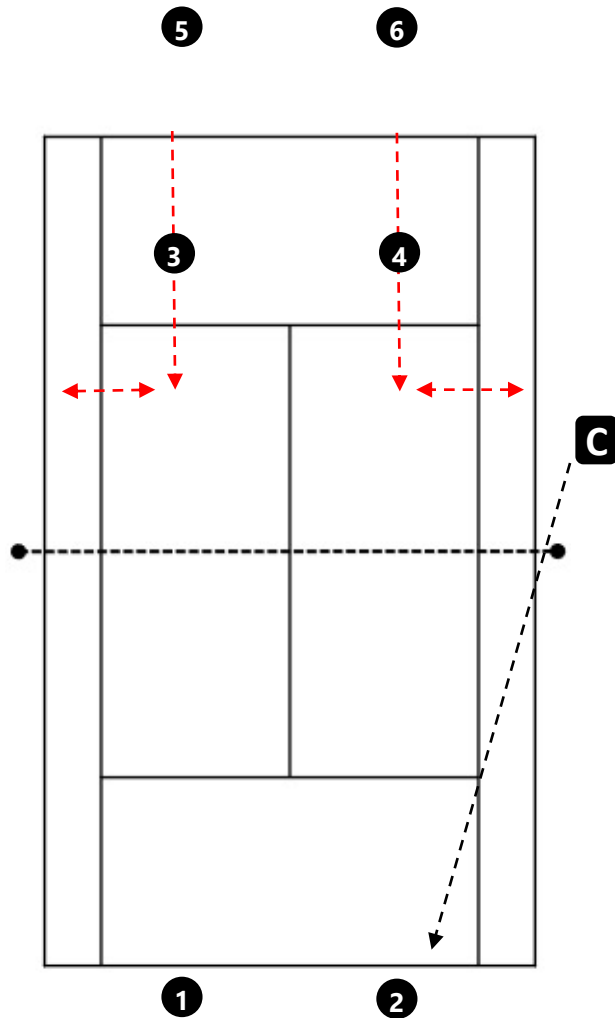


DOUBLES DRILLS



16) Recover Doubles:

Level: 3.0 & Higher

This is a great drill to teach net players how to scramble and recover at the net. It also creates “holes” that the passers can aim at.

Ball 1: Coach feeds baseline team and players 3 & 4 must rush the net and play out the point.

Ball 2: Coach feeds the baseline team again, and players 3 & 4 must run to their doubles sidelines and touch it with their foot.

This will create a temporary “hole” for the passers to hit and the net players will have to “recover” back into position and hit a volley while they are stretched out.

Ball 3: Same as ball two.

After the three points are completed, the net rushers run to the other side and become the baseliners.

Variation: Have the net team run back to the baseline instead of the sideline (creates more transition volleys). They must always come to the net after each trip to the baseline.