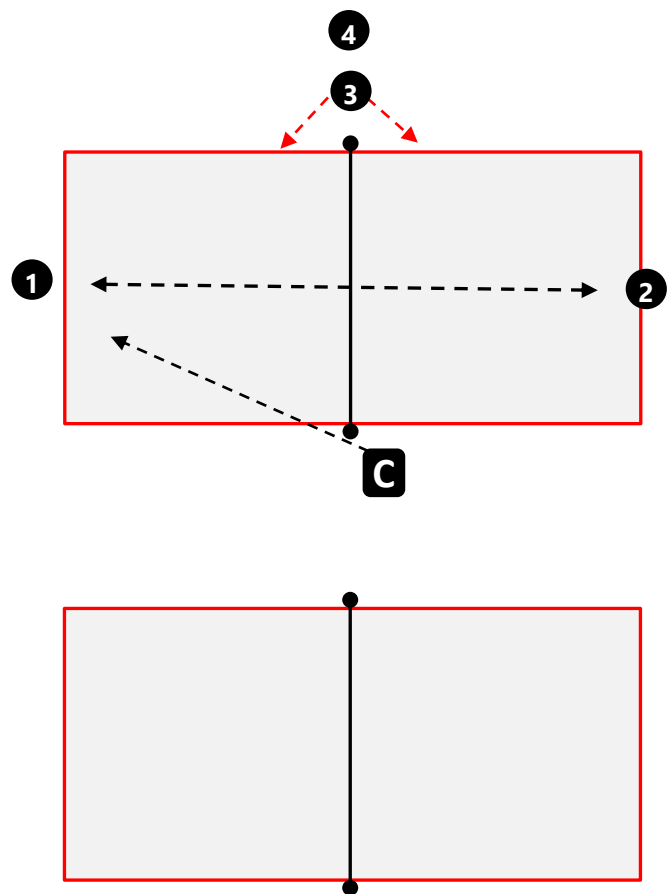


Kids Ages 7-8: on a 36-foot Red court



32) Red Squirrel:

Level: Ages 7-8

Rally builder drill for up to four players on a court.

The coach (or a player) starts near the net post and underhand feeds the ball to one of the players.

The two players play out a point from the baseline with the winning player staying in and the losing player rotating out to the end of the line (behind player 4)

Players on-deck need to pay attention because they are not certain what side of the court they will enter to play.

Keep score for several minutes and have the players rotate to new positions on the court (if a player was feeding) or rotate players up and down the courts based on their scores.

Note: It is best if you can have players feeding the ball so the coach can roam around and coach the players.