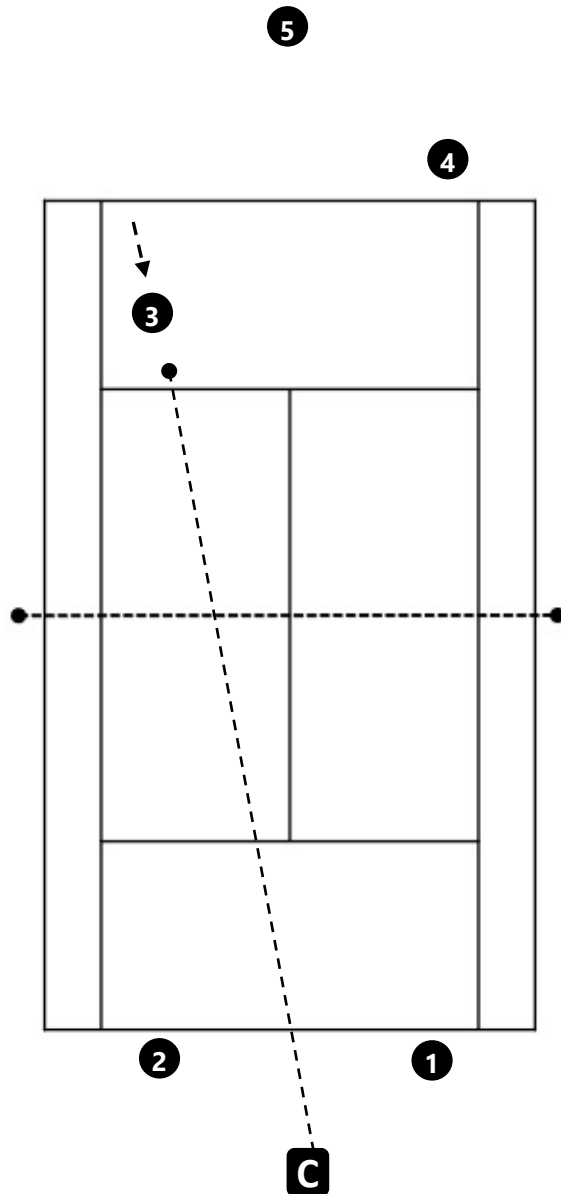


SINGLES DRILLS



20) Mercy Shot - Volleys: Level: 3.0 & Higher

This is a good drill that gives players a lot of transition volleys to practice.

Player 3 plays player 1 while players 2, 4 and 5 are on deck.

Coach feeds player 3 a transition volley and they must come to the net and play a cross-court point against player 1. After each point the next players (2 & 4) go cross-court the other direction.

Note: If a player misses the feed, they get a **mercy overhead shot**, and if they miss that as well, they lose 3 points to their total score and rotate out.

The players on the pros side must run back and touch the back curtain or fence after each opponent they play.

Rotate with the top two scores on the attacking side coming over to the coach's side after several minutes.

Variation: Feed the first ball as a moonball and require the incoming volleyer to hit an approach volley or swinging volley out of the air.