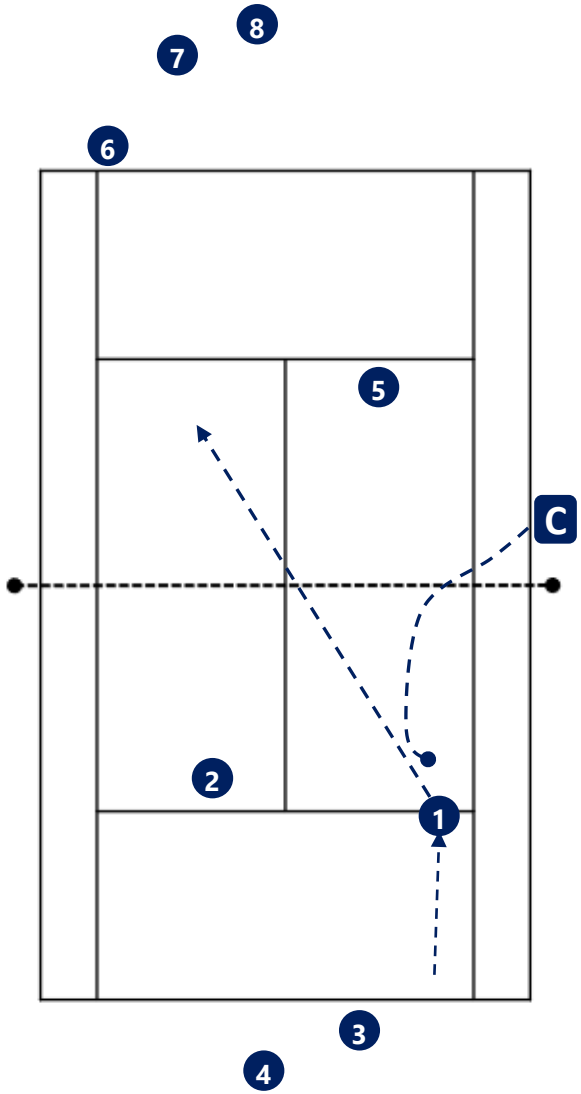
Large Group Drill



2) STINGER: (8 Players)

This 3-ball doubles drill that features how to aggressively hit balls that are mid court sitters.

Ball 1: Coach feeds a short sitter to Player 1 who must come in and hit a “stinger” to player 6.

Ball 2: Coach feeds a volley to 2, and point is played out

Ball 3: Coach feeds an OH to either 1 or 2.

Players rotate in a big circle to the left all the way around the court.

Player 6 must let the first ball bounce and works on counter-punching skills. After the first ball, player 6 should come to the net for the rest of the points.

On ball 3 (lob) the defensive side works on the reverse split step and overall defensive skills. This is a good drill and allows pros to take time and review the various levels of aggression with their players.

Variation = Play the same game to the backhand side.