



4) CRASH: (12 Players)

This is another drill that teaches transition skills for doubles teams.

Players 1, 2 & 3 are doubles partners against players 7, 8, & 9. All six players will crash the net when the coach feeds the first ball.

Ball 1: Coach feeds to far side an approach volley and all six players crash the net, and the point is played out.

Ball 2: Coach feeds the far side a volley and another point is played out.

Ball 3: Coach feeds the far side an overhead (defenders should back up and reverse split-step) and last point is played out.

After three points are played all six players automatically switch ends of the court and the next six players move into position to play.

Variation = Have teams of two players instead of three. This will make TWO teams be on-deck.