



11) DEPTH RACE:

This drill helps players hit with more depth.

Players 1 & 2 are partners and competing against players 3 & 4. Points are all played straight ahead on half of a court.

Players are working cooperatively to hit deep balls which are defined Zone 4 balls shown as the yellow area in the diagram.

Players count out loud every time one of their shots lands in zone 4 and the first team to reach 6 shots in zone 4, wins that round.

If the ball goes out of play, the players simply feed in another ball. Balls that are fed do NOT count towards the score.

After one of the teams wins the race, the players rotate one spot around the court.