



6) **DOUBLES RUSH THE NET:**

Three ball drill that teaches transition skills to the net for doubles teams.

Players 1 & 2 are doubles partners and so are players 3 & 4 and players 5 & 6. Players 1 & 2 are the champions on the opposite side of the coach.

Ball 1: Coach feeds to the champ side and the challenging team must rush the net.

Ball 2: The net team starts at the net and the coach feeds a second ball to champ side.

Ball 3: (money ball) Coach feeds a third ball to champ side and if the net team wins, they run around to replace the champions. If they lose, they go back to the end of the line.

Variation 1 = Have players play 3 points no matter what and then automatically run over to become the champion.