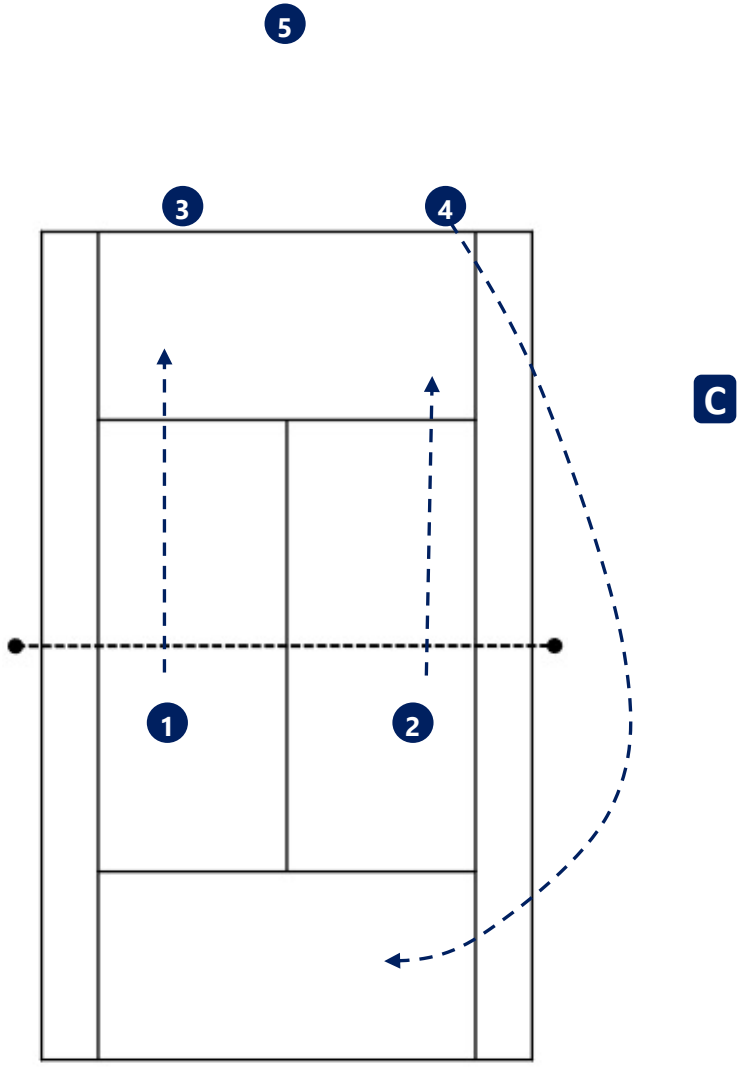
ADULTS | Net & Transition Drill



7) LOB-STER:

This is a good game for teaching players how to hit effective lobs. All points are played straight ahead on half of the court.

Players 1 & 2 start at the net and play against players 3 & 4. Net players must drop feed a ball past the service line to the baseline player, then quickly tap the net, and recover to hit an OH.

Challengers must hit a lob off the feed, and then the point is played out with no rules.

The key to this drill is for the net players to get as close as they can to the net (but still be able to make a drop feed) and then quickly recover to hit the OH. If the baseliners hit good lobs, they will probably win the point.

This is a great game for high-performance players because they often avoid the lob in favor of a hard shot.

After a few minutes, have the players rotate one spot around on the court.