



9) OVERHEAD GAME:

This is a 3-ball drill that makes players hit a ton of overheads under pressure.

Ball 1: Coach feeds an approach shot to either player 3 or 4. They must come to the net and play out the point. If they win that point, they move to ball 2.

Ball 2: Coach lobs the net team, and they play the point out. If they win that point, they move to ball 3.

Ball 3: Another lob to the net team. If they win all 3 points, they run over and replace the champions and the coach feeds the ball as they run over.

If at any time the challenging team loses a point, they must rotate to the end of the line (If they lose, they cruise.)

Variation 1: Change the approach shot to an approach volley.

Variation 2: Have players play three points no matter what and then always run over to become the champion.