



1) OVERHEAD GAME: (8 Players)

This is a 3-ball drill that makes players hit a ton of overheads under pressure and can handle eight players per court.

Ball 1: Coach feeds an approach shot to players 5 & 6 who must come to the net and play out the point against the baseline team.

Ball 2: Coach lobs the net team, and another point is played out.

Ball 3: Coach lobs the net team a third time and the last point is played out.

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

Variation: Have the coach fed the first ball as a low nasty feed instead of a bounce overhead.