

## **Coaching Tips – Move as a Team from the Baseline to the Net**

Drill with your Partner and an Opposing Team

- Have one team at the NVZ and the opposing team at the baseline.
- Team at net feeds the ball to team at baseline who performs a 3rd shot drop.
- Baseline team must decide if it is a good drop shot:
  - If the drop is too high (attackable), then team remains at baseline and performs another drop shot to try and advance to the NVZ.
  - If the next shot is a good drop shot, then the team takes one or two split steps towards the net and performs another drop shot until they can make their way to the NVZ and neutralize their opponents. The idea is that it may take several drop shots and you do not have to rush to the NVZ after the first third shot drop.
- After several turns the teams switch positions.