

Coaching Tips – Putting it all Together

Drills with a partner to practice skills at the net.

1. Soft shot at the net, to opponent's half of the court. Move ball right, left, short and deep.
2. Volley at net, first cooperatively and then try to win the "rally".
3. Practice 3rd shot drop. One partner at net feeding balls to partner at baseline who is practicing the 3rd shot drop. Switch roles.