



3) Speed Drill: Week 3

Working on = Transition Skills

Players play doubles points with the winning team gaining control of the net.

Pro feeds a ball to the players who all start at the baseline for the first point. After the first point, the team that wins the point stays (or goes) to the net.

As the teams transition to and from the net, they will work on a lot of transition shots

After a few points, the players all rotate one spot around the court and the drill starts again.

The pro should feed the next ball without delay so the players get difficult transition shots.

Score is kept with each point won being worth 1 point.