



30) Pool Drill:

This is a doubles drill where two players play at the net vs. two baseliners.

Level: 2.5 and higher

Pro feeds volleys and OH's to the net team and the points get played out.

The net team can stay in as long as they keep winning points. If player 1 makes the mistake or has a winner hit in his half – he rotates out to the end of the line behind player 6, and player 2 slides over into his position while player 5 slides into the position where 2 was.

If player 2 makes the mistake or has a winner hit in his half – he rotates out to the end of the line behind player 6, and player 5 moves into his position.

Players 5 & 6 are waiting in the “pool”.

After a few minutes, the two net players with the most points come over to the baseline position.