



4) Dig It - Doubles: Week 5

Working on = Net Skills

This drill is effective in getting players a lot of repetition on hitting half volleys.

Players 2 & 3 play from the net and players 4 & 5 play from the baseline.

Ball 1: Pro feeds a **serve** into the feet of the net team and they hit a half volley the ball and play out the point against the baseline team.

Ball 2: Pro feeds the second ball to the other net player and the point is again played out.

After 2 points are played all the players rotate one spot around the **entire court** and the process is repeated.

This drill is very good in teaching the net team the proper way to execute half volleys while teaching the baseline team to expect a short response whenever the net team is hitting from below the net