



3) Bum Rush: Week 6

Working on = Transition Skills

Learning to get to the net at all costs.

Players pair up on half of the court to play each other.

The players on the pro's side of the court feed the ball.

Once they feed, they wait to hit **one more shot** and then they **must rush the net**. All points are played out straight ahead on half of the court.

Variation 2: In the version either player might come in to the net. The players wait for the first short ball to land. (short ball = in the service box)

When either player receives a short ball, they **MUST** come to the net and play the rest of the point from the net.

If the ball is past the service line, the players can NOT come in, but if it lands on the service line or shorter, they **MUST** come in.

RULE: If the **feed** is short, the receiving player cannot come in.