



### 3) Triples: Week 1

#### Working on = Transition Skills

Players 1-2-3 are on a team competing against players 4-5-6.

Player 1 feeds the ball to player 5 and must rush the net. Player 5 can hit the ball anywhere he wants. The point is played out and then the players rotate one spot around on **their own side** of the court.

After either team gets to 10 points they switch ends and do the same (so both teams feed) and play to 21 points.

The purpose is to give players a lot of repetition of playing the first ball after the serve (the shot players fear the most and keeps many of them from coming to the net.)

This drill allows them to practice hundreds of trips into the net, whereas to play doubles and get hundreds of trips into the net would take about 4 hours of regular doubles play.

**Variation** = The players can try to hit a winner on the feed.