



4) Volley Reader: Week 1

Working on = Net Skills

Reflex Volley drill that helps players anticipate the type of shot they are receiving.

Players 1 & 2 play against players 3 & 4 with all player starting at the service line,

The pro will feed 3 different types of feeds all varying in aggressiveness, then the points are played out.

Feed 1: Pro hits a **half-volley** feed and the opposing side moves in and pro's side digs back a step to defend.

Feed 2: Pro hits a **waist-high** feed and both teams step in one step and reflex.

Feed 3: Pro hits an **overhead-spike** feed and the opposing side digs back a step to defend.

The goal of this drill is to teach players that they can know how to move **before** their opponents strikes the ball, and that waiting to react to the ball is not enough.

After 5-6 points, the players rotate around the court.