



## 2) Noro Virus: Week 2

### Working on = Baseline Skills

Players 1-2-3 are on half the court playing while players 4-5-6 play another game on the other half.

Player 1 feeds ball to player 2 and they rally cooperatively for 30 seconds until the pro blows the whistle. Then player 1 runs to the other side behind player 2 while player 2 and 3 continue rallying. If the players are skilled they can keep the same ball in play.

If a mistake is made, the players simply feed another ball into play and continue with the rally.

The pro continues to blow the whistle every 30 seconds and player switch from end to end and continue working on sustaining a cooperative groundstroke rally.

**Variation:** This can be turned onto a Cardio drill by having the player sprint to the other side and then do jumping jacks while they wait in line.