



4) Meltdown: Week 2

Working on = Net Skills

This volley reflex game starts with two players on each service line with a line of players waiting on-deck behind them to substitute immediately into play.

If a player makes an error or a winner is hit in his area of the court, they are replaced with one of the on-deck players.

The players on deck must stay alert at all times because they never know exactly when and where their next move will be.

Score is kept by ones and the game can be played as individuals or as teams that are on the same side of the net.

Variation= Throw in an occasional overhead as he feed.