



## Group and Pair – Session 3

### Drills

- Rotation Rails (5minutes each side)
  - 10 court Sprint
  
- Rotation Rails with Boast option, cross off the boast (5minutes each side)
  - 10 court Sprint
  
- Rotation Rails with Boast Option, straight off the boast (5minutes each side)
  - 4 person court split into pairs. When mistake is made the other pair is in
  - 3 person – 2 start on one side person who hits cross goes to other side (5minutes each side)
    - 10 court Sprint
  
- Rotation Rails with Volley cross to switch sides (5minute)
  - 4 person court split into pairs. When mistake is made the other pair is in
  - 3 person – 2 start on one side person who hits cross goes to other side
    - 10 Court Sprints
  
- Boast/Drive from back, Straight/Cross from front (5minutes)
  - 4 person 2 sides
  - 3 person – 2 start on one side person who hits cross goes to other side, person who hits boast stays
    - 10 Court Sprints

Conditioned Games winner moves up, looser moves down (4 minute rotations)

- Length Game (behind line)
- Length Game (2<sup>nd</sup> bounce behind line)
- Length Game (volley anywhere)
- Regular game