

Blind Man's Bluff - You need a ball machine or coach for this one.

Player one stands with back to the net along the base line of the defensive court.

Standing on the offensive side and with a bucket of ball available, the coach will call out the command "GO" and hit a consistent drive to player one at the baseline.

On hearing the command "GO", player one will turn, spot the ball and hit to a designated target set by the coach. Player one will then return with back to the net and repeat.

Coach and player can set targets around the offensive court for various target practice.

Player one can be stationed at any location around the defensive court to receive various types of shots from the coach (lobs, drives, volley's, 1/2 volley's).

The closer player one is to the net the more difficult the reaction time.

This drills can be seen in action on the CPR Video Clinic page.

Stay Active and Keep PRACTIING!

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