

Dink 'n Lob

In this drill you'll be getting a heart bounding on the move action drill.

Coach will be stationed at Zone B5, just behind the NVZ at the center of the net with a bucket of balls. If all goes well only a few or even one ball will be necessary.

Player 1 will start on the Even Court Zone 1 and receive a dink from coach.

Coach will then lob to Odd court or deep court Zone A 8/9 close to baseline.

Player 1 will call out Switch/Mine/Got it to communicate his/her movement behind their partner.

Player 1 will SET, and Drop a return shot to coach.

Coach will then DINK to Odd Court Zone 3.

P1 will move forward and return dink to coach.

Coach now lobs to Even court or deep court Zone A 7/8 close to baseline.

Player 1 will call out Switch/Mine/Got it to communicate his/her movement behind their partner.

Repeating, Player 1 will SET, and Drop a return shot to coach and move to receive dink at Zone 1...

REPEAT THE SERIES

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