

**Star Dinking** - You'll need 4 players for this one. The objective is to keep the ball moving in the NVZ area only.

Standing in respective court spaces and starting with only with one ball, P1 will dink directly over the net to P2. P2 will cross court dink to P3. P3 will cross court dink to P4. P4 will cross court dink back to P1. Repeat. If each player has an extra ball in hand the drill can continue with out chasing errant balls. Just start another one.

To make it more interesting ADD another ball to the mix and then another and finally the forth. Can you do four? It's a tough but with practice it's do able.

If your using the zone markers it goes like this:

o1 to d3; d3 to o3;

o3 to d1; d1 to o1.

Now reverse it.

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**Move to Improve!**

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