

THREE BALLS IN

Start the drill as if you were playing in a game situation.

- Four players in ready position.
- P1, the SERVER, has 3 balls in hand.
- P1 starts the service to P2 cross court to begin the game sequence.

TAKE NOTE: Any ball that is stray, quickly PUSH OFF THE COURT. Safety first.

- Continue to play out ball #1 until it is dead. BUT..
- P1 will immediately send in a new ball #2 to continue play. NO DEAD BALL....
- Repeat this until ALL 3 balls have been played out.
- This is a great game-like drill the stimulates excitement and continuous rally.
- The ball is NOT dead until the third ball is down.
- Repeat for a set number of rounds and then rotate the server and/or positions.

NOTE #2: If the server has difficulty holding or delivering the 3 balls in hand? They can serve and let someone else be the "deliverer." Not everyone can hold three balls, play and then deliver. But that's OK!. Work as a team and you'll have a blast.

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