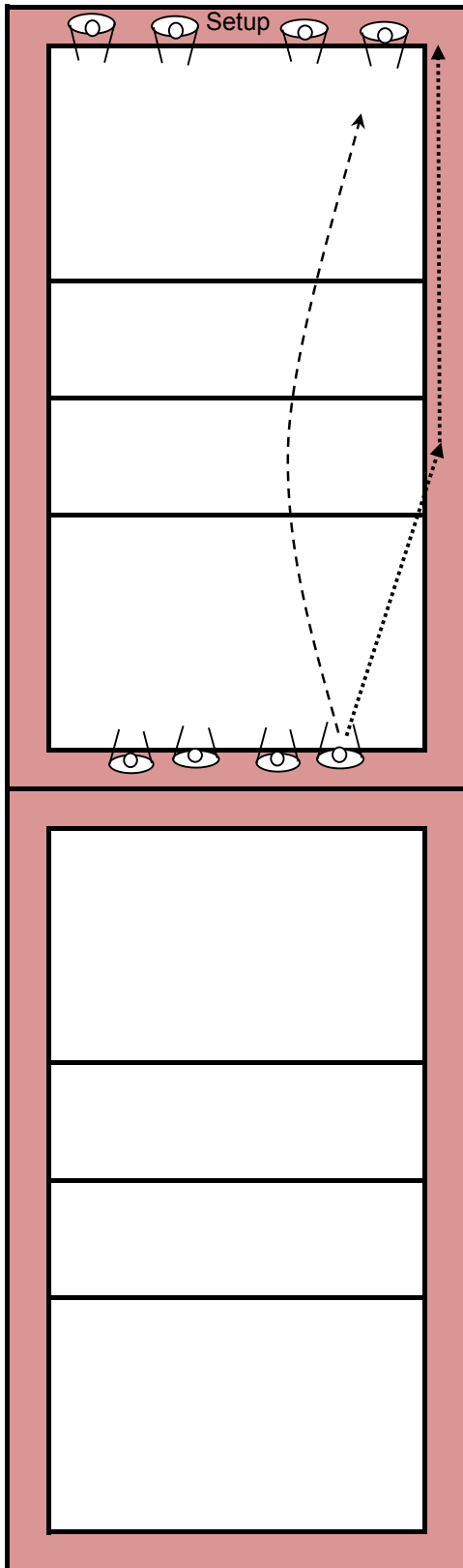


Recommended # of Athletes: 12 +



Serve and Follow

Set-up

Set up athletes on the base line on both ends of the court. All athletes have a ball. Set up serving targets with cones or lines on the floor.

Conditions:

Athletes serve a ball at one of the targets on the opposite side of the net and then follow the ball to the other side of the net and the opposite base line to serve again.

Purpose/Goal

Work on aiming serves to an open target on the court.

Develop movement after the ball is contact into the court and forward.

Success criteria

Athletes can serve the ball successfully over the net and are able to retain control of where it lands

Reference Points

Develop routine for serving, use up to 6 seconds if needed.

Drive through the ball, working on proper technique


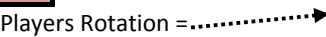
Variations

May add some static passers into the mix and get servers to aim for seams between passers.

Simplification

Athletes may travel into the court to complete the serve if they are having trouble getting the ball over the net from the baseline

More Difficult

Legend: Ball's Route =  Players Rotation =  Players = 