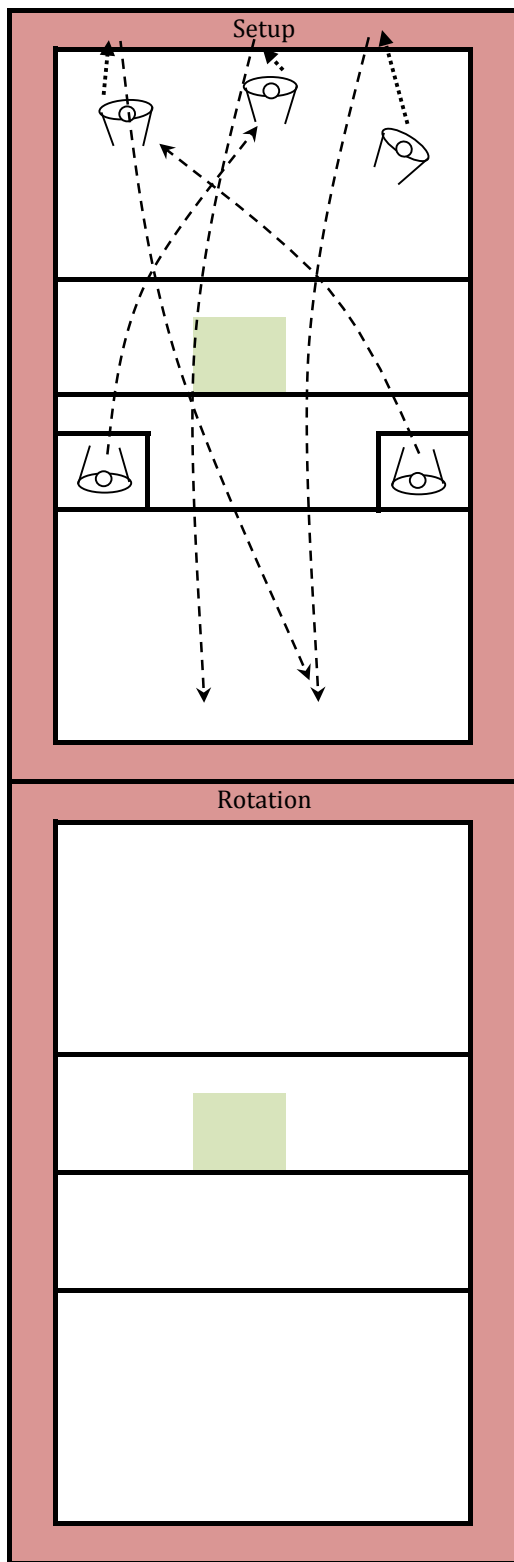


Recommended # of Athletes: 6 +



Game Style Serving

Set-up

Have athletes set up in their defensive positions in the back court with a coach or athlete on a box across the net or standing at the net and a coach or athlete ready with balls on the base line.

Conditions:

Athletes will work together to dig and set a ball, then immediately go to the base line and prepare for a serve. Once they successfully hit their serve. They rush back to dig one more ball in their position then rotate

Purpose/Goal

Train athletes to focus on a game serve in the midst of performing other skills

Success criteria

Athletes successfully put aggressive serves into the court.

Reference Points

Athletes hustle to the base line but once their may take their 6 seconds to focus and hit a proper serve. Optional: Add a whistle to start 6 seconds.

Variations

This Drill can be incorporated into a variety of drills to get athletes focusing on different aspects of their game then returning to refocus on a serve.

More Difficult

Increase the expected difficulty of the serve by adding serving targets and speed or height requirements on each serve.

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

