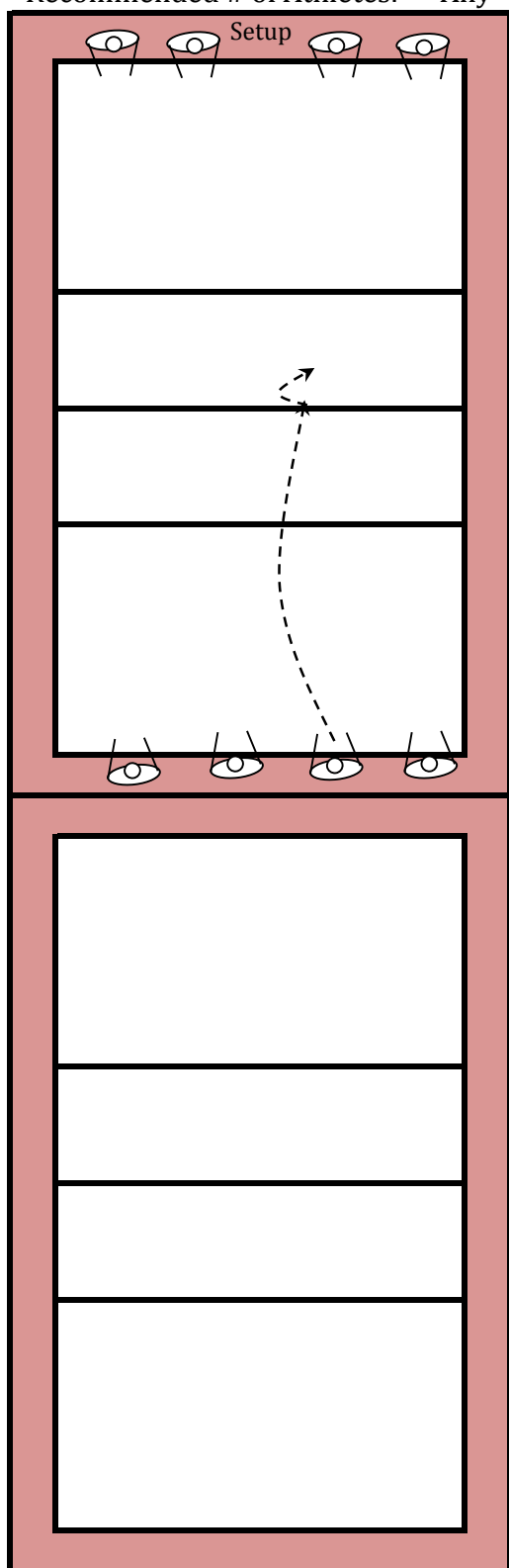


Recommended # of Athletes: Any



## Tape out to win

### Set-up

Have athletes on both base lines with a ball and prepared to serve.

### Conditions:

Best used at the end of a practice so that athletes can finish at different times. Athletes simply serve the ball over the net with the goal of aiming the ball to hit the top of the net and still fall over onto the other side of the court. Designate a number of time they must do so to get out of the drill (1 or 2).

### Purpose/Goal

Get athletes working on serving the ball in a straight aggressive line over the net.

Encourage athlete to serve ball underneath height of antenna.

### Success criteria

Athletes successfully complete the skill.

### Reference Points

Focus on one serve at a time rather than collecting balls.

Hit the ball hard and in a straight line towards the net.

Hone in with each serve, adjusting up or down from your previous.

### Variations

The same idea can be used for a variety of serves including hitting a short serve in front of the attack line (without hitting net) or hitting a target on the court.

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

