

## DRILLS FOR 2 TO 8 PEOPLE

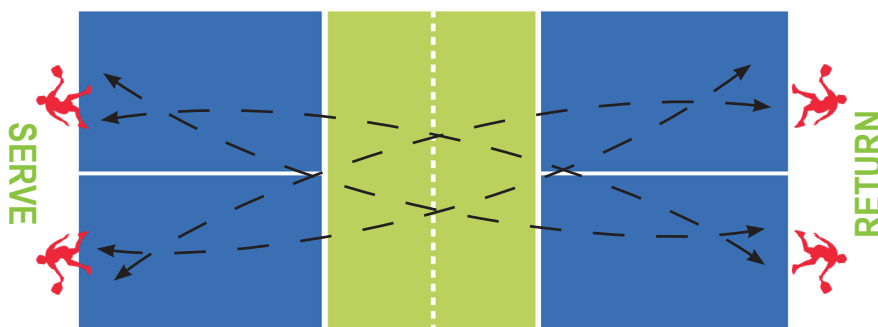
It's advisable to bring a basket of balls and lots of markers to your lessons. Throughout all of these drills, demonstrations are good wherever you see fit.

### DRILL SEVEN

#### The Return of Serve

##### Exercise 1: Deep return.

Player 'A' serves a ball to Player 'B'. Player 'B' returns the ball back crosscourt using either a forehand or backhand groundstroke. Player 'A' catches the ball then repeats the exercise. Swap roles after every 5 returns.



##### Technical teaching points:

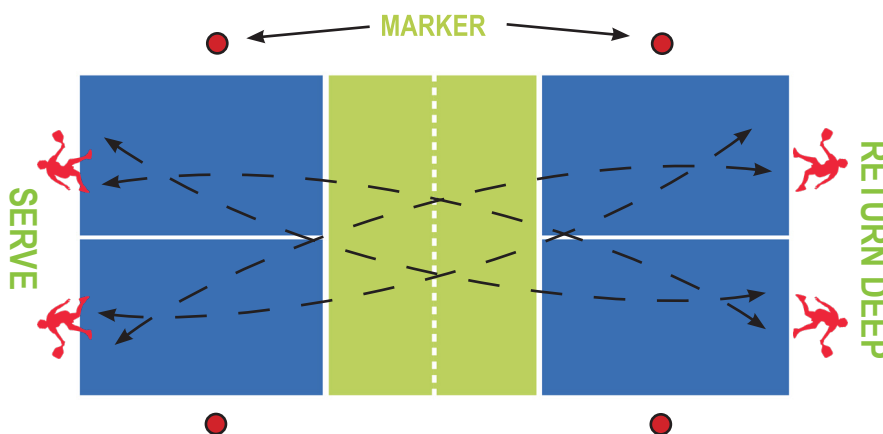
- A fluid low to high swinging motion should be encouraged off both forehand and backhand sides when returning.
- Try to make sure players step into the ball and push their weight towards their target.

##### Tactical teaching points:

- A deep return is vital to give the Player time to move up to the net and establish a good position alongside their partner. It also helps stop the other team attacking.
- Encourage a higher arc over the net as this will make it easier for the return to go deep.
- Try to get the player to follow their return in and take up a volleying position at the NVZ.

##### Game:

Put markers alongside the court about 3feet from the baseline on the servers side. After the serve, the returners must try to hit the ball back crosscourt and deeper than the targets. If they achieve this the point will continue crosscourt. If the return is short then then server will stop the rally and score a point. First to 10 points. Switch roles every 5 points.



**Note:** During the exercise, you may find players wanting to continue the rally even if the return drops short. Try to be strict on them to stop the rally and reinforce that they are working on deepness of return of serve.