

High School Coaching Workshop 2015 Drills and Games

The Fast Game:

Doubles game with all players starting on the service line

The coach stands at the net post with a basket of balls

The coach can start the point any possible way...lob, drop shot, angle, anything goes

Games can be played for points or time

*The feeder can also be a player that can rotate in after each game

Net Drop Game:

Doubles game all players start tight to the net

One player sets a ball on top of the tape and drops it

Play the point full court

Game can be played for points or time

Offense/Defense

Doubles or singles game

Offensive side gets an easy feed that they can attack

*no refeeds, if offensive team misses shot, they lose that point

Defensive side tries to fight to win the point

Play out the point full court

If offensive side wins the point they get 1

If defensive side wins the point they get 3

Hand Fed Drills- <https://www.youtube.com/watch?v=4odBcl-ReH4>

Can be led by player or coach

Great to work on technique, fitness, and footwork