

1 up and 1 back works when you have the baseliner looking to hit the ball deep to set up the net player. The net player has to have an aggressive mindset in looking to poach off his partner's deep balls. Don't be afraid to get passed in the alley. The best doubles is played when you hit and then your partner hits. The goal is not to hit consecutive shots by the same player goal is to set up your opponent at the net.

Drills to work on transition. Work through drills in this progression. These drills are done crosscourts on half the court. Practice doing it on both deuce and add side.

1. Coach has players in a line. Coach drops a ball from his hand and then has players come in and split step right as coach begins to swing and blocks ball back.
2. Coach feeds a short ball to player who hits and moves forward with split step and blocks ball. Ideally you want your players to work on changing grips in these drills.
3. Coach has 3 to 5 players on one side looking to transition off a short ball and 1 player on the opposing side looking to return the approach shot and play point out. Coach feeds the ball to the attacking player who plays one point out crosscourt. After the point is played the next attacking player comes in and is fed a short ball to transition to the net and play the point out. Play first side to win 7 points and then have a new player come over to return the approach shot. Continue until everyone has had a return by themselves. You can also do this drill off second serves which is often a ball than can be attacked.
4. After the players have gotten comfortable with the transition drills then put the players in a doubles format of both teams playing 1 up and 1 back. Feed a short ball to the back person on one of the teams and he now has to attack and play 2 up against the 1 up and 1 back. Switch drills so that everyone has a turn to be the player transitioning at the net. Again you can play to 7 points win by 1. The key to this drill is the transition player getting balanced with a split step and changing their grip to a proper volley grip. The key to the drill of 1 up and 1 back team is for the person at the net to move back when the opposing team is attacking to help their partner who is most likely in a defensive situation.