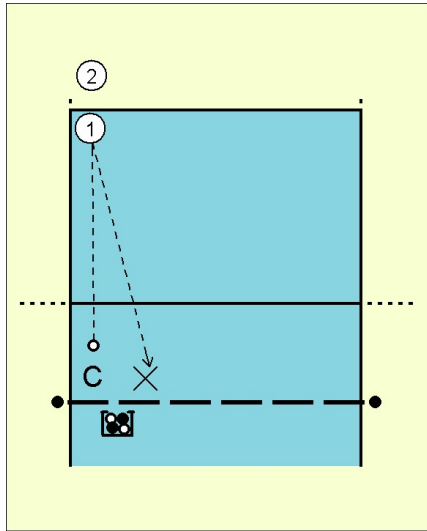


Defense

Dig tip and roll

1



Objective:

Allows individuals to focus on playing different types of balls and staying on their feet.

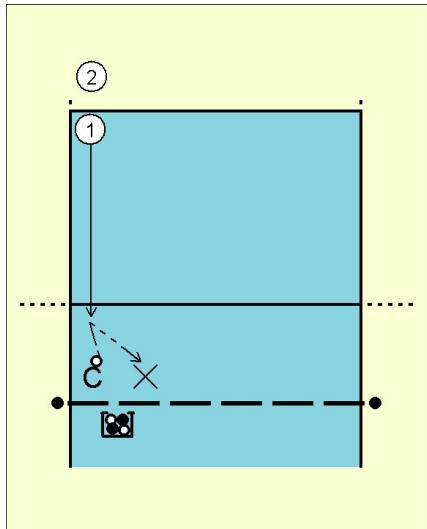
Setup:

One player starts in the back defensive right corner. Coach is at the net directly in front of the player and should have 3 balls ready.

Actions:

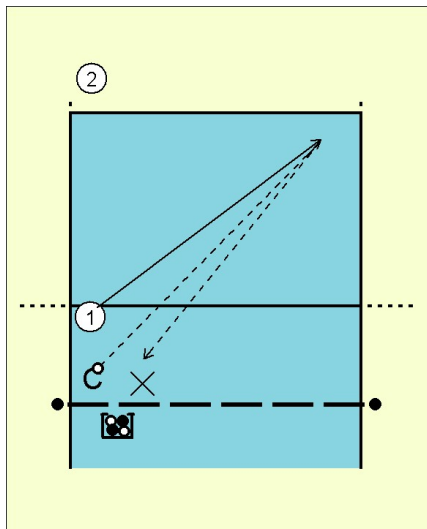
1. Coach hits the first ball hard down the line toward the player. Player passes the ball to target.

2



2. Once player passes the ball, she should sprint to 10' line for a tip. Coach tosses the tip immediately after the player passes the first ball.

3



3. Player passes the tip to the target and sprints to the back opposite corner of the court. Coach tosses the ball in a high arc toward the back corner. Player should try to beat the ball to the spot and square to the net before the pass. If she is unable, she should do what she can to pass the ball to target.
4. Next player steps up to the back corner and takes her turn.

Variations:

- Start at back defensive left corner.
- Coach can be positioned in either left, middle, or right positions at the net.
- Coach can be on a box on the opposite side of the net.