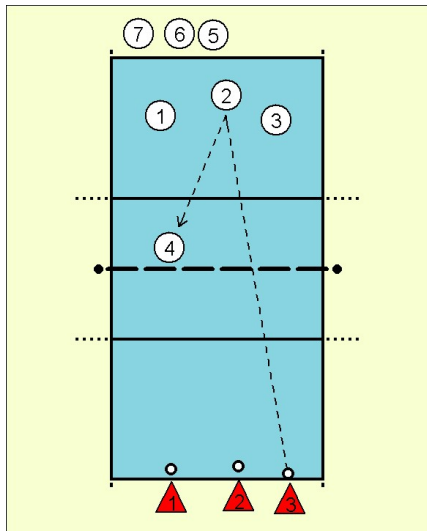


Serve receive

Serve / serve receive



Serve / Serve Receive Drill

1

2 groups

Servers - at least 2, no more than 3

Passers - at least 4, as many as you want

Action

Servers alternate serving.

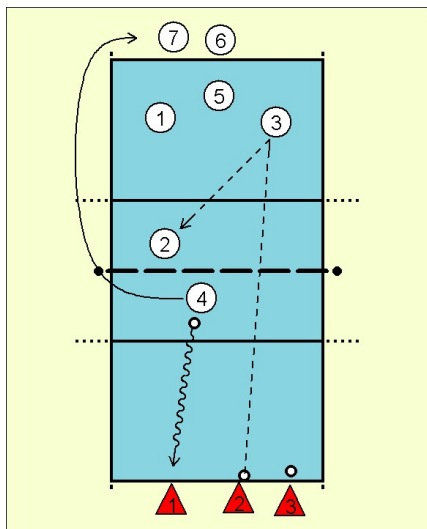
Passers align in serve receive pattern of your choice. One person is in the target area. Remaining players wait on back line behind passers.

Passers communicate and pass ball to target area.

Target shags ball and returns to serving group.

Passer becomes next target, then returns to group at back of the court.

Next person in line off the back court fills in open spot in passing pattern.



2

Set a goal of your choice:

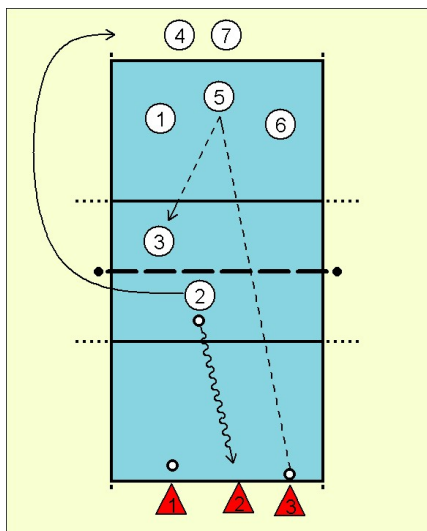
- specific number of perfect passes to target
- specific number of close passes to target

Once goal is reached, change the servers and have the previous servers become passers.

Continue drill until all players have the chance to serve.

Options:

- use scoring system to have servers compete against passers
- have servers do push-ups for missed serves



3