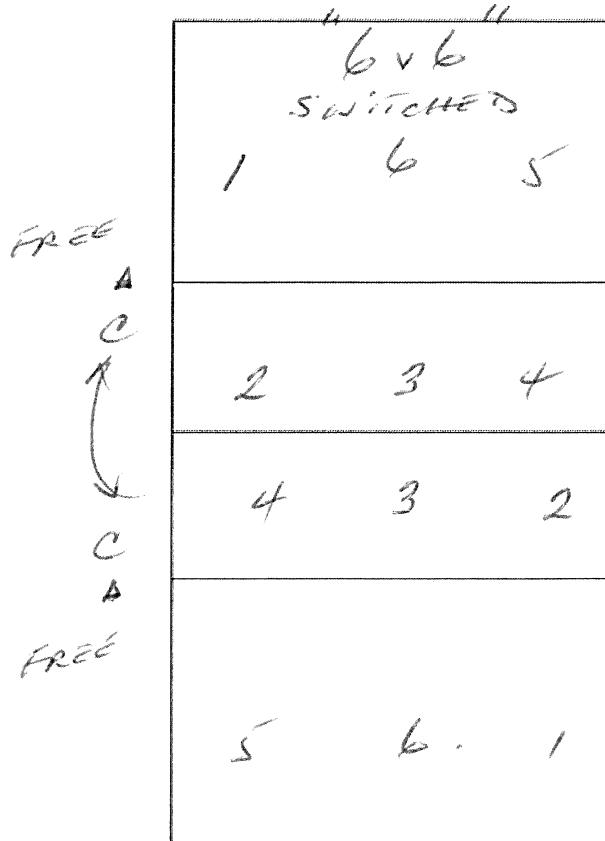


Drill Name: SKY! Skill Featured: DECISION MAKING - HANDLING PRESSURE TO SCORE OFF FREE-BALL.



Objective:

1. CREATE A RUN OF 4-POINTS OFF (3) FREE-BALLS + (1) SERVE.
2. TERMINATE AT HIGH-EFFICIENCY FROM FREE-BALL
3. PRESSURE ON SERVE "BIG POINT"

Conditions:

ROCK/PAPER/SCISSOR OR
TOUST TO GET FIRST BALL.
LETTER FOR EACH SUCCESSFUL
POINT OFF COACH FREE-BALL
"S" - "K" - "Y"
4TH BALL IS SERVED IN.
= BIG POINT "!"

Success Criteria:

- FREE TO "3" PASSING OF COACHES BALL
GENERATE QUALITY ATTACK EACH TIME.
- CAN PLAY TO '5', OR TIME DEPENDANT.
- IF TEAM LOOSES POINT... BACK TO START
OPPONENT GETS AN "S"

Reference Points/Cues:

START IN SWITCHED POSITIONS

COACH NEEDS TO KEEP UP PACE ENTERING
FREE BALLS. - GAME LIKE.