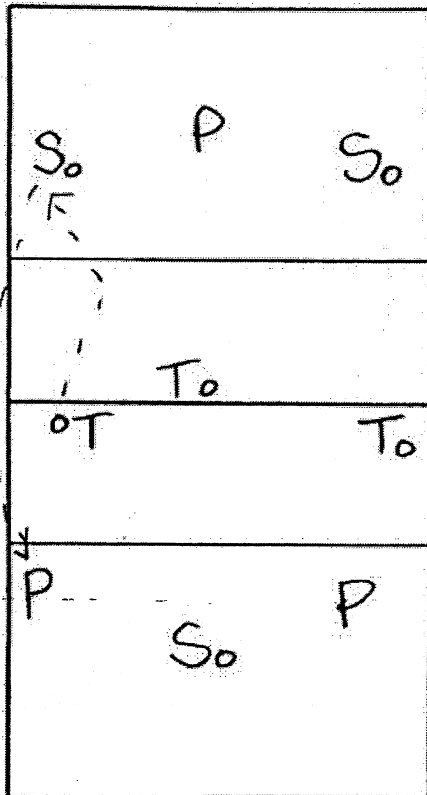


Drill Name: Serve & Pass 10 Skill Featured: Serve & Pass



Objective:

Short serve & pass 10 in
a row
Target bounces new ball
as soon as serve goes over.

Conditions:

- ↑ Faster, flatter or jump
- float.
- ↑ Put targets in setter
- position
- ↓ Passer catches with
- straight platform arms.

Success Criteria:

Server: 10 serves within 1 step of passer.
Passer: As many "3" passes as possible.

After 10 - rotate

Reference Points/Cues:

Server: Controlled, 50% float right at passer.
1 step, low toss, finish hand at target.
Passer: 1 shuffle step to keep ball in front, early
platform, tip to target. Quiet head, energy
forward.