

Effective Serve and Serve Receive Drills

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The Serve: “It’s NOT a free throw!”

- I. Training tools
 - A. Elastic
 - B. Antennas
 - C. Cones/boxes
- II. Toss—10 in a row
- III. Pressure Serves
- IV. Around the World
 - A. Team and Individual
- V. Goaltender
- VI. Serve and Base/Serve and Dig
- VII. 10 serves and report back

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Cont.

Serve Receive: “Who’s going to nail the pass at crunch time?”

- I. Set your target (mark it!)
- II. Butterfly passing
- III. 3 person over the net
- IV. Pairs Passing
- V. Individual Serve Receive Game
- VI. 10 point Serve Receive Game
- VII. Rapid Fire Passing
- VIII. Pressure Passing (6 on 6 or individually)
- IX. Passer vs. Passer

x. 10 Ball