



SERVE DIG PURSUE

This is an individual player drill that works on defensive control as well as serving.

Players start outside of the court behind LB and SERVE down the line. Players will not be allowed to move on until that have completed a serve successfully.

Next, players will move into the LB position and DIG a down ball hit by the coach. Directly following their dig, players will PURSUE a tipped ball in front of the 10ft. line.

Both of these balls should be directed to the target location at the net.

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