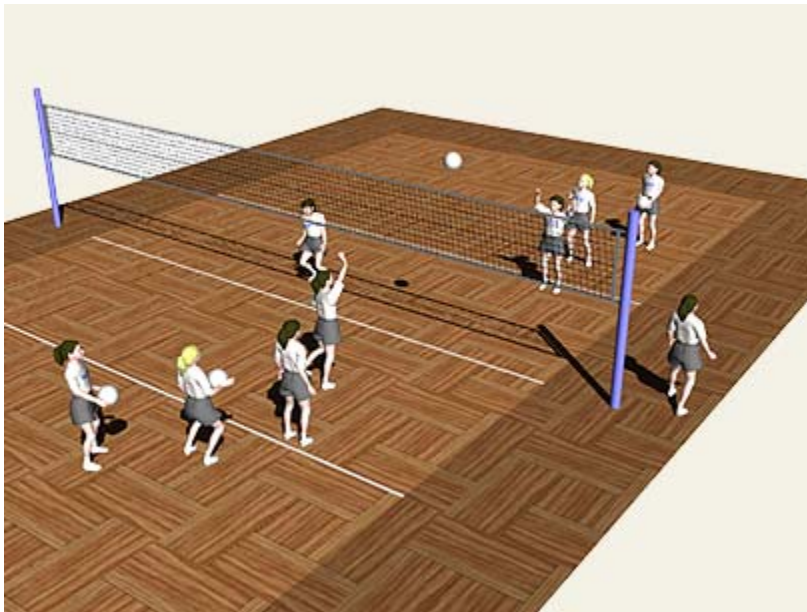




# Warm Up over the Net

## Circle Drill



### Organizational Set Up

Two groups of players  
Supply of balls  
Over net  
Full Court



### Coaching Points:

Here's another drill you can do right from walking into the gym. This exercise is called the circle drill. Two lines of players are positioned opposite each other and alternate serving and passing the ball over the net. After playing the ball the players rotate in a circle.

This drill gives them the chance to learn again to hit the ball over the net. In some drills we see the coach getting one out of every three hits and the players getting the rest. The coach doesn't need to get any better, the players do, so make sure the players are hitting the ball and not the coach. The practice is progressed to two groups of fives. This will ensure that there is twice as much learning going on. It's the same drill, but now with two groups of five. As you will see there's twice as much learning going on because the players are playing the ball over the net.

At any point in time you can stop one player in the drill and pull her out and talk to her about what you're looking for while the rest of the practice continues on. It's a really helpful way for the kids to keep learning even though your stopping practice for one player, the rest of them keep learning.