

GREAT DEFENSE

*Creates excitement on the court

*Frustrates opponents

*Wins Championships

How to achieve those goals:

1. Put players in those specific positions and work the different shots and areas of responsibilities.
2. Come up with drills that suit your teams needs
3. Hit at them like they would be hit at in a game.
4. Spend time talking about what is going on on the opponents side of the net before it happens.
5. Teach players how to hit the ground correctly and have that, "Ball never hits the ground attitude."

Drills:

1. Pit:
2. Rundowns:
3. Two touch:
4. 2 min Drill:
5. Bowling Drill:
6. Quick Feet Drill:

