



LOB - VOLLEY DRILL

This drill starts at the kitchen line to improve your ability to lob the opponent at the net.

- **Begin with 4 players at the kitchen line, but playing only with the player directly across from you (so there are 2 balls going at once)**
- **Each player will take a turn starting with a dink**
- **The 4th hit must be a lob that lifts over the head of the opponent and lands in the court**
- **Everyone counts each bounce outloud "1-2-3 LOB"**
- **Each player gets 3 starts, then rotates to the back of the other line.**
- **If the lob is low or short, the opponent may put the ball away, being careful not to hit anyone**
- **Players waiting to drill will supply balls to the participants at the kitchen line**