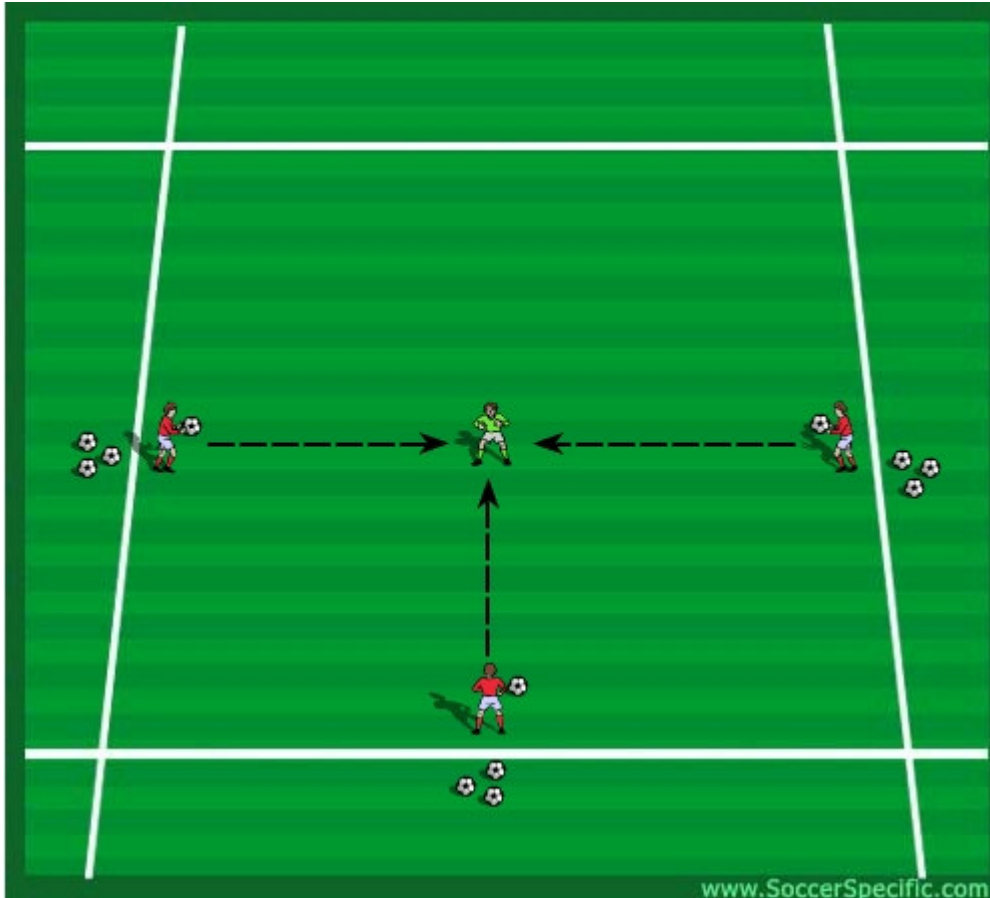


Quarters

Emphasis: Getting your bearings, balance, and quieting your feet



Set-up:

Can be set up with 2,3, or 4 servers starting out 6 yards away from the goalkeeper.

Each server has several balls behind them.

Objective:

Goalkeeper works his way around to each server by using a quarter turn each time. Each time a turn is made the goal keepers' shoulders must be square to the server. Get into a rhythm so as the goal keeper is returning the ball to one server the next server has already begun to serve his ball. Always hit each server in a repetition. The serve used is a volley from the hands.

Progressions:

1. Bring the servers in closer for a real tight set with less reaction time.
2. Services must be accurate and sharp.
3. Change directions by shouting the command.
4. Use the volley, half volley, and strikes from the ground.

Coaching Points:

- Quality service
- No baby steps, quarter turn is done in one motion.
- Watch the ball all way in to your hands before moving on.
- Don't get ahead of yourself in the exercise.

“By union the smallest states thrive. By discord the greatest are destroyed.” -Sallust-