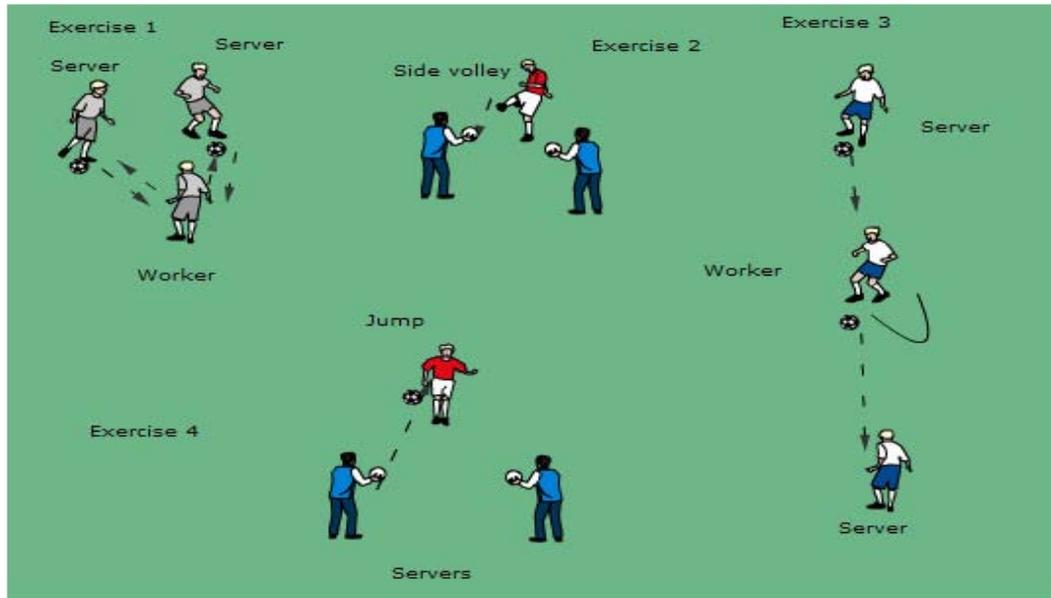


## Two Balls for 3 People Exercises



**Work to Rest ratio:** 1 to 2 You can do each exercise twice. Stress technique than speed

*"Practice doesn't make perfect, practice makes permanent."*

**Exercise 1:** 2 servers with a ball one worker without. Servers play ball to the workers outside foot. Left foot one side, right foot the other. Worker should make sure he/she plays a proper inside of the foot ball back to the servers. **Proper Technique-** toe up, ankle locked, hips and supporting foot facing the partner. Stay on your toes!

**Exercise 2:** Same as Exercise 1, but now the server tosses the ball for an inside of the foot volley back. Technique is the same, but the worker needs to keep his concentration better. His/her head must remain locked onto the ball and steady when he/she strikes it back to partner. **Note:** If the ball goes astray the server should sprint to get it while the worker remains volleying back and forth with the remaining server.

**Exercise 3:** Two servers with balls, the worker is now in a central position. Server plays ball into worker, the worker drops the ball back and checks to the other server. Ball is played into the worker who drops it and moves to initial server, repeats. Worker should **call for the ball!** **Variation:**

- Servers have ball in hands
- One server has a ball in hands, one on the ground. This changes the technique each time forcing the worker to adjust his/her technique and line of sight.

**Exercise 4:** Same as Exercise 2, but now the service is to the workers head. Worker should still keep his/her feet moving and face up to server. Worker should strike the ball with the forehead, keep eyes on the ball, arms up to protect him/herself, and mouth closed.