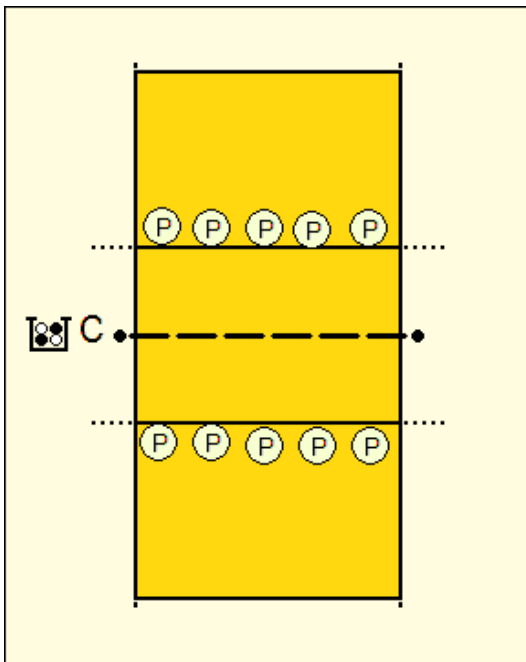




<b>Drill</b>	Attack Line Drill
<b>Purpose</b>	Warming up, working on passing skills, communicating with others
<b>Notes</b>	Have a little fun, focus on passing technique, and working with the team.

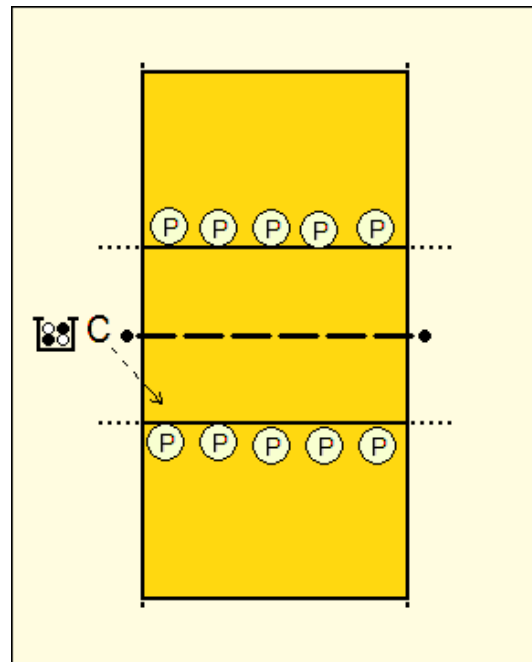
### Step 1



#### Starting Position

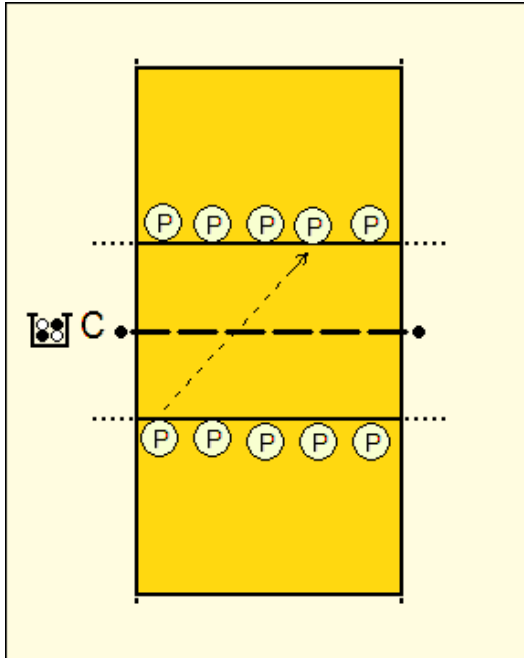
- Coach is off the court with a basket of balls
- Five players line up on the attack line on each side of the court
- This is a good drill to warm up with and get the team to communicate with each other

### Step 2



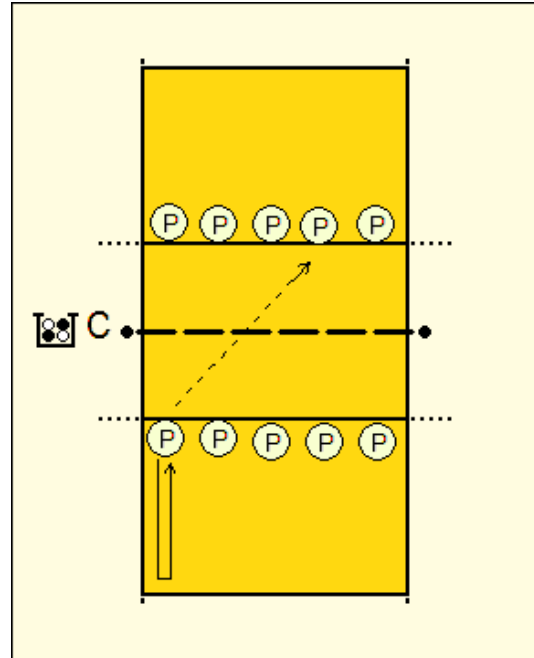
- The coach will toss one ball to a player on either side of the line
- Players will have to talk to the rest of the players on their side to make sure the ball doesn't drop between them

### Step 3



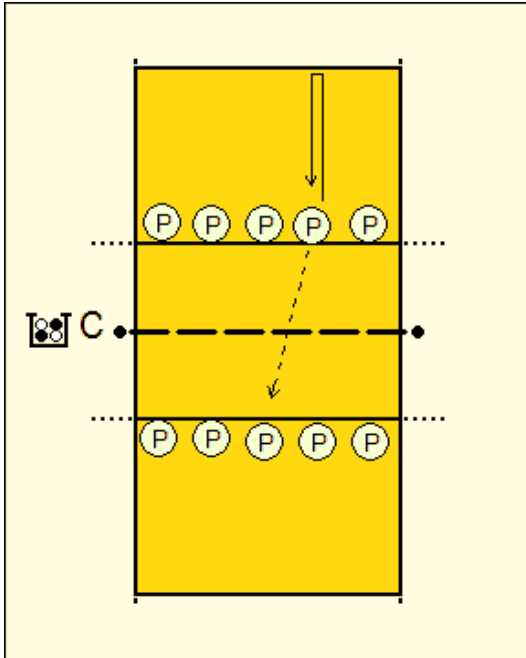
- The player will then pass the ball to the team on the other side of the net
- The ball must stay in bounds and stay within the attack line

### Step 4



- Once the ball has been passed, the player must run to their end line and touch it before coming back to the drill
- This is one way to warm up at the beginning of practice or to have some fun at the end of practice

## Step 5



- The player that received the pass will then pass it back to the other team
- After passing, they must also run back and touch their end line before returning
- This will continue until the ball drops
- Once the ball lands, the team that lost the volley will do a few pushups or some other small amount of conditioning
- The drill can last about 10 balls or as long as desired