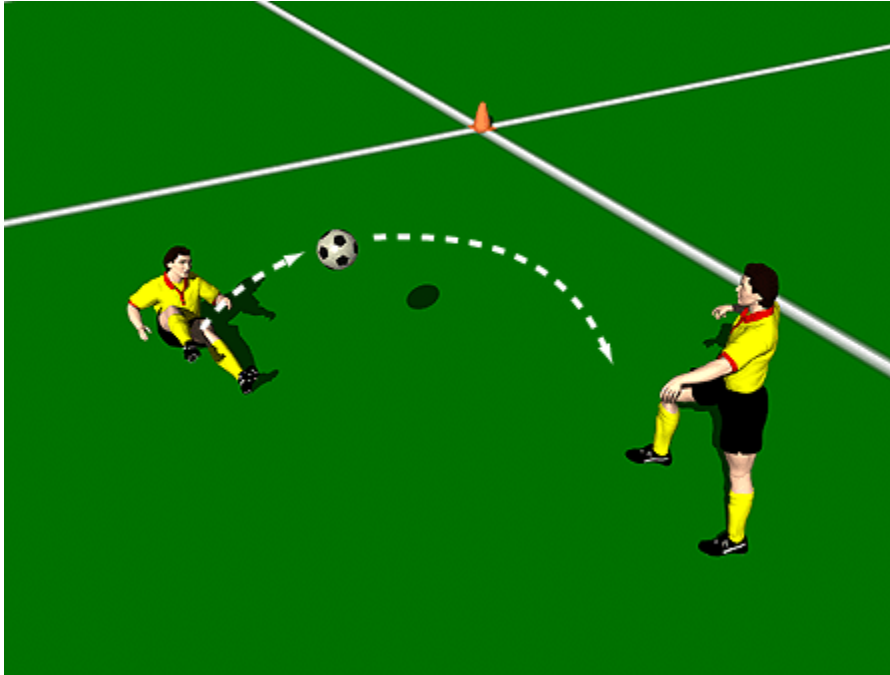


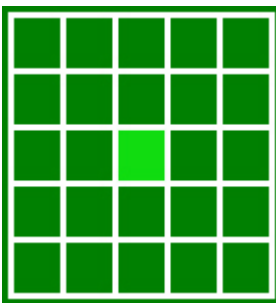
# Seated Partner Drill



## Coaching Points:

Divide the entire group into pairs. Two players using one ball. Players work in an area approximately 10 yards x 10 yards or 9 metres x 9 metres.

Working in pairs, one player seated and the other player (the server) standing. The standing player serves the ball and the seated player plays it back to the server. The ball is allowed to bounce before the server returns the pass. Rotate roles frequently.



## Organizational Set Up

Entire Team  
2 players per grid 10 x 10 yards or 9 x 9 metres.  
2 players using 1 ball.  
Supply of Cones