

**Learning Outcome:** Develop an understanding of the effective use of volleys to relieve and apply pressure.

### Activities

- Have players play Alley or  $\frac{3}{4}$  court games with one point for every volley hit.
- Score a bonus point for every rally won with a volley.



### Questions you could ask

- Where is the best position on the court to intercept (volley) the ball (from the T)?

### Can you see?

- Players looking for volley opportunities.
- Good movement from the T.