



Players with the ball are organized along the perimeter of the grid (you decide how big-larger for fitness/smaller for skills). Players without the ball are in the middle of the grid. Players check to any of the balls and perform the following skills: One-touch pass, one-touch volley, thigh-volley, chest-volley and headers. You can set a time or # of repetitions. Rotate after each set. You can create some additional fitness training in this exercise by placing a triangle in the middle of the grid. After each touch the players must make a little sprint through the triangle.