DRILL NAME: Cross Court Pepper

DRILL AUTHOR: ___________________ DRILL CONTRIBUTOR: Jain Bradbury

Purpose: This is played as a warm up activity - ball control

Drill Overview: A coach initiates play with a tossed in ball to either side players play it out cooperatively and rotate every time the ball crosses the net or dies on their side.

Scoring/Measurement: # of times the ball crosses the net

Group Size: (expanded info) 4v4

Intensity/Rhythm: High paced - coaches keep tempo moving with tosses in. We prefer very high paced with little down time.

Skill Applications: to the game This drill is about ball control, playing other positions and playing a ball that is out of system

Variations: of the Drill (any stand-alone versions in the database?) Increase or decrease the number of players, increase or decrease tempo,

Coaching Tips: for running this drill Encourage players to call every ball and talk to one another

Cautions: for running this drill (relating to fatigue, rest to work, safety considerations, etc) If ran at a high intensity level, this drill will create fatigue very quickly

Other info: (for anything not yet addressed) We like to throw the ball in where it dies.