**Cooperate for maximum skill development and fun!**

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| **CLOCK DROP DRILL** |
| 1. The spiker stands next to the hoop, and the tosser stands 5 feet from the opposite side of the hoop with a handful of Spikeballs®. Other players space themselves opposite the spiker. 2. On the start signal, the tosser will toss a set over the hoop. The spiker will practice hitting drop shots in all directions. Other players will collect the shots. 3. After a series of 10–15 hits, rotate positions so that all players get a turn. 4. Repeat through 2 complete rotations, and then move on to Scramble Drill. |
| **SCRAMBLE DRILL** |
| 1. Set-up for Scramble is the same as Clock Drop above. 2. However, the spiker will hit for power. 3. The tosser rotates around the hoop while tossing sets over the net. This forces the spiker to adjust her/his position. 4. Other players retrieving spiked balls will move quickly to prevent spikes from interrupting the play of other groups. 5. After a series of 10–15 hits, rotate positions so that all players get a turn. 6. Repeat through 2 complete rotations, and then repeat the Clock Drop Drill. |