



## Three in a Row Serving Drill

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### *Directions:*

This drill is for serving consistency. Have a server serve three balls in a row for one big point. Give the server 15 balls and they have the chance to get 5 big points by getting 3 in a row over the net and in bounds 5 times. If they do not get three in a row they do not get a point. Servers must get three serves in a row to receive a point and they have 15 balls to see how many big points they can get.

### *Increase difficulty:*

- Have server serve specific area 3 times in a row
- Must get 3 serves in a row at least 3 out of the 5 possible tries since you have 15 attempts
- Make server serve from different areas of the baseline

### *Decrease difficulty:*

- Go for two in a row

### *Keys:*

- Toss
- Solid contact
- Strong arm swing
- Mental toughness getting 3 row

### *Scoring:*

5 big points out of 15 serves which would mean 15 in a row	(Awesome – 10 pts)
3 big points out of 15 serves	(Good – 5 pts)
1 big point out of 15 serves – only got 3 in a row once	(Poor – 0 pts)