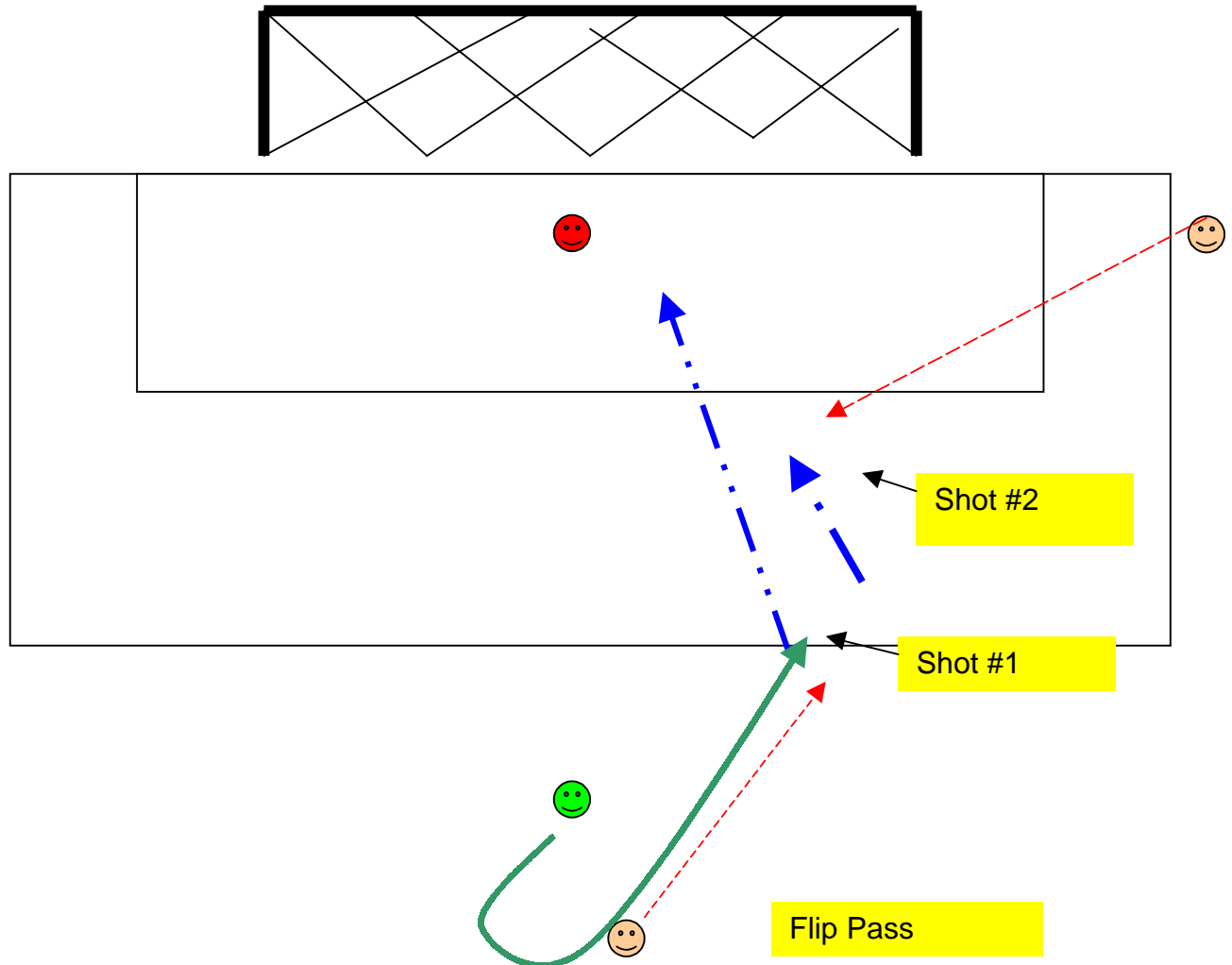


## Advanced Shooting – One Touch Volley



Coach flips ball over head of the shooter who is initially facing him. Shooter turns and chases ball. Ball should be played so that shooter can one touch a half volley

Add a second player in the corner area who can then flip a ball to the shooter and have a full volley shot. Full volley means play the ball before it hits the ground.