



KAMIKAZE

This is a competitive 4 vs. 4 drill where the middle of the court is considered OUT!

A coach initiates each round by tossing a free ball to either side. All play is normal except for the dead zone in the middle of the court. Hitters can tip or hit but they must get the ball to a corner.

After each point, the winning team stays and a new team of 4 takes the court on the loser's side.

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