Back Court Work

**Instructions:**

1. Set opponent Jack and 1st ball (varying position) between 7 and 9 metres
2. Map out opposition angle on the court with tape.
3. Play soft ball as far as possible with the intention of trying to land it on the tape. Error margin of 1 ball width (as shown).
4. Play follow up ball to hold shot.
5. Mark on the position of the pre-blocking ball, and the position of the follow up ball.
6. Repeat 5 times with each colour, switching boxes when changing colour.

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| **Pre-blocking ball** | | | | | | **Total** |
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| **Follow up ball** | | | | | | **Total** |
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| **Pre-blocking ball** | | | | | | **Total** |
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| **Follow up ball** | | | | | | **Total** |
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| **Pre-blocking ball** | | | | | | **Total** |
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| **Follow up ball** | | | | | | **Total** |
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| **Pre-blocking ball** | | | | | | **Total** |
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| **Pre-blocking ball** | | | | | | **Total** |
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| **Follow up ball** | | | | | | **Total** |
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| **Pre-blocking ball** | | | | | | **Total** |
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| **Follow up ball** | | | | | | **Total** |
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