

Receiving Test



Set Up

- Grid Size – 3 yards x 3 yards (9 feet x 9 feet) for U9/U10
- 2 yards x 2 yards (6 feet x 6 feet) for U11/U12
- Server –10 feet away from grid

Sequence

- Server plays 1 flighted ball at a time to the player inside the grid – a total of 6 balls will be served.
- The player must control the ball inside the grid with two touches
 - Every successful controlled ball inside the grid equals 5 points
 - Every ball that goes outside of the grid before it is controlled in 2 touches equals 0 points
 - Balls controlled on any of the 4 lines counts as a good control
 - Once the ball is controlled the player passes it back to the server