

## Machine

- Organization:** Divide the players into groups of four with one ball per pair.
- Structure:** Two players in the middle stand shoulder to shoulder facing opposite directions. Each player's partner faces him about six feet away with a ball.
- Procedures:** The outside players simultaneously serve underhand passes to their partner who one-touches it back then runs around the guy next to him and does it again and again until the machine is working.
- Remember:
1. Use the outside foot.
  2. Servers always shag the stray balls.
  3. If the players are touching it is more difficult.