

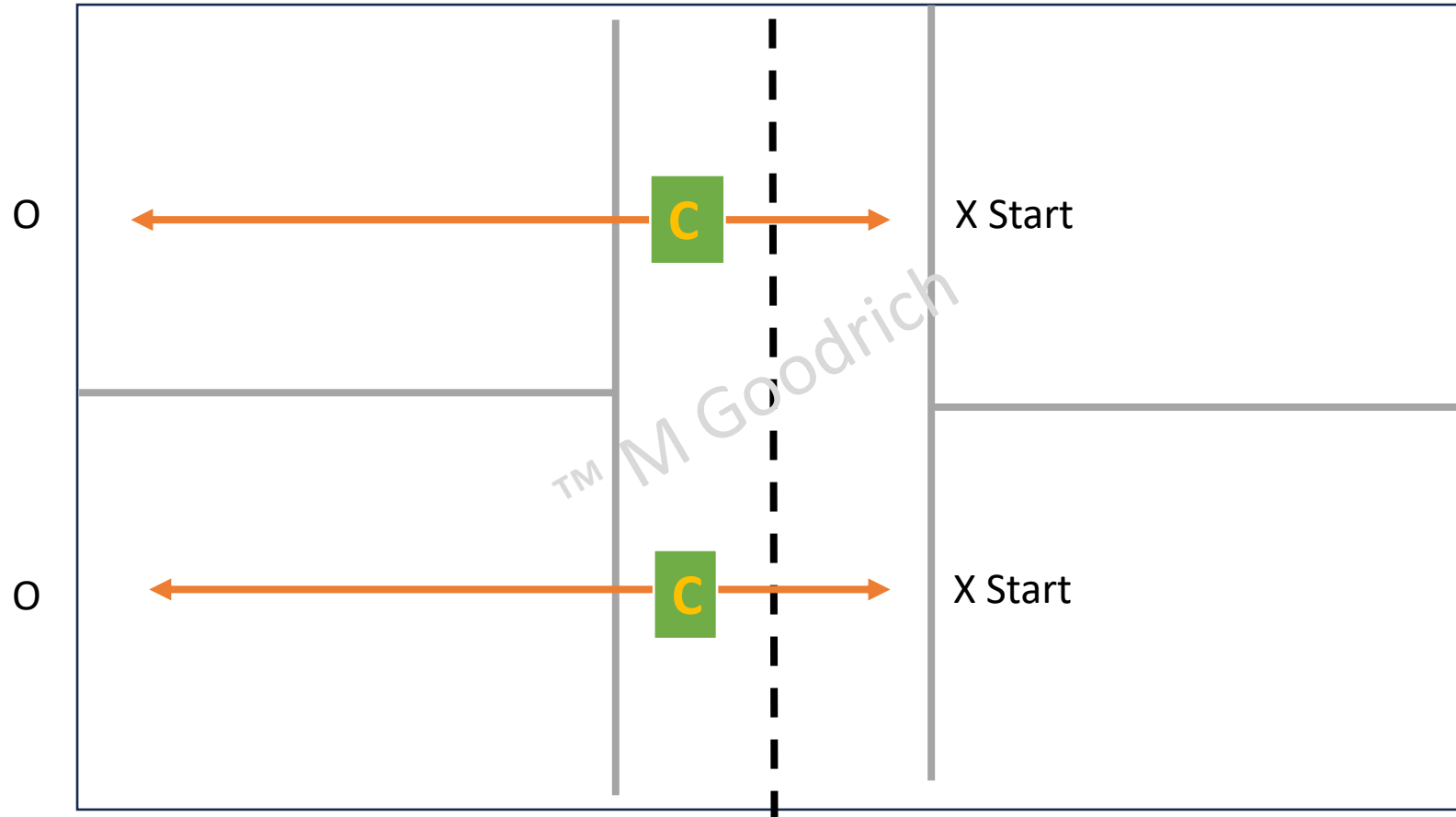
The 3rd Shot Challenger™

Drill & Feed Options

We have provided a few ideas for how the Challenger™ can be used for drilling. The versatility of the Challenger™ is endless, for example, the striped horizontal bar can be raised or lowered. The degree of difficulty is increased as the bar is lowered, which also requires moving the Challenger™ closer to the net, or conversely, a higher horizontal bar requires the Challenger™ to be moved farther from the net.

To drill for ball placement and accuracy, the width of the of the Challenger™ can be changed from 2', 4', 6' or 8' depending on skill level.

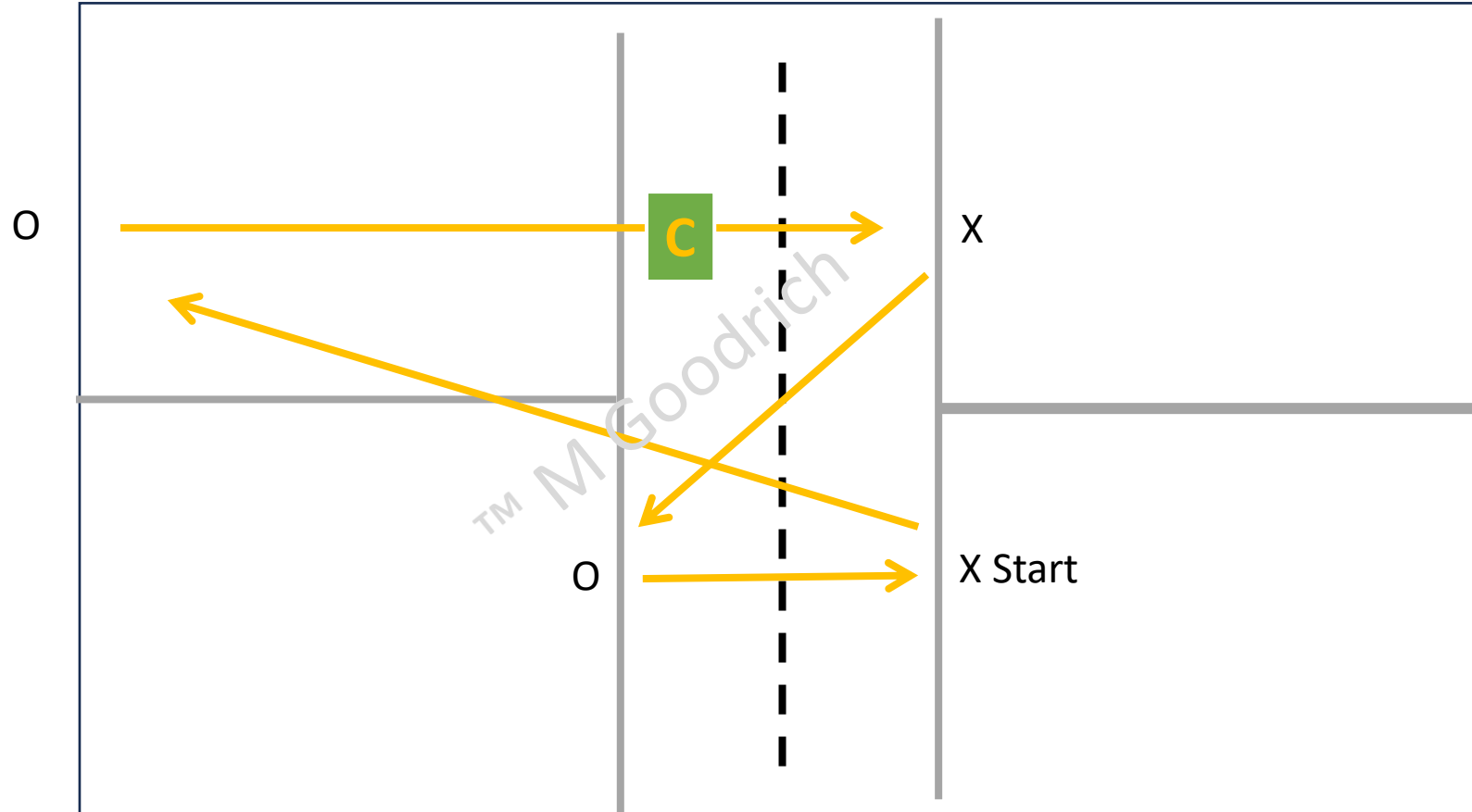
Sequence: Deep feed, 3rd shot drop, deep roll/punch volley



1 ball, 2-players

X=person; O=person; C= Challenger; →= ball direction

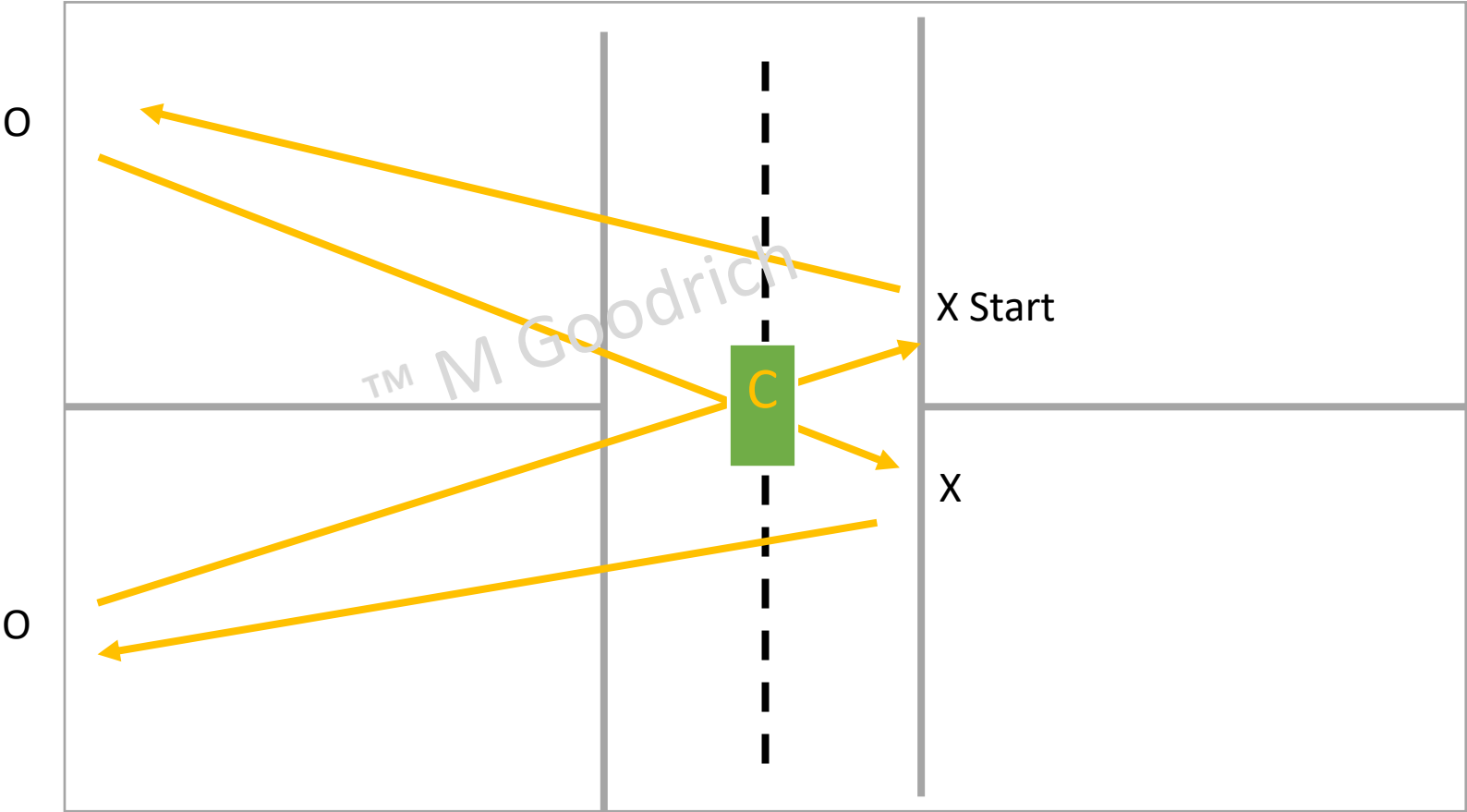
Sequence: Deep feed, 3rd shot drop, dink/speed up, dink/reset



1-ball, 4-players

X=person; O=person; C= Challenger; →= ball direction

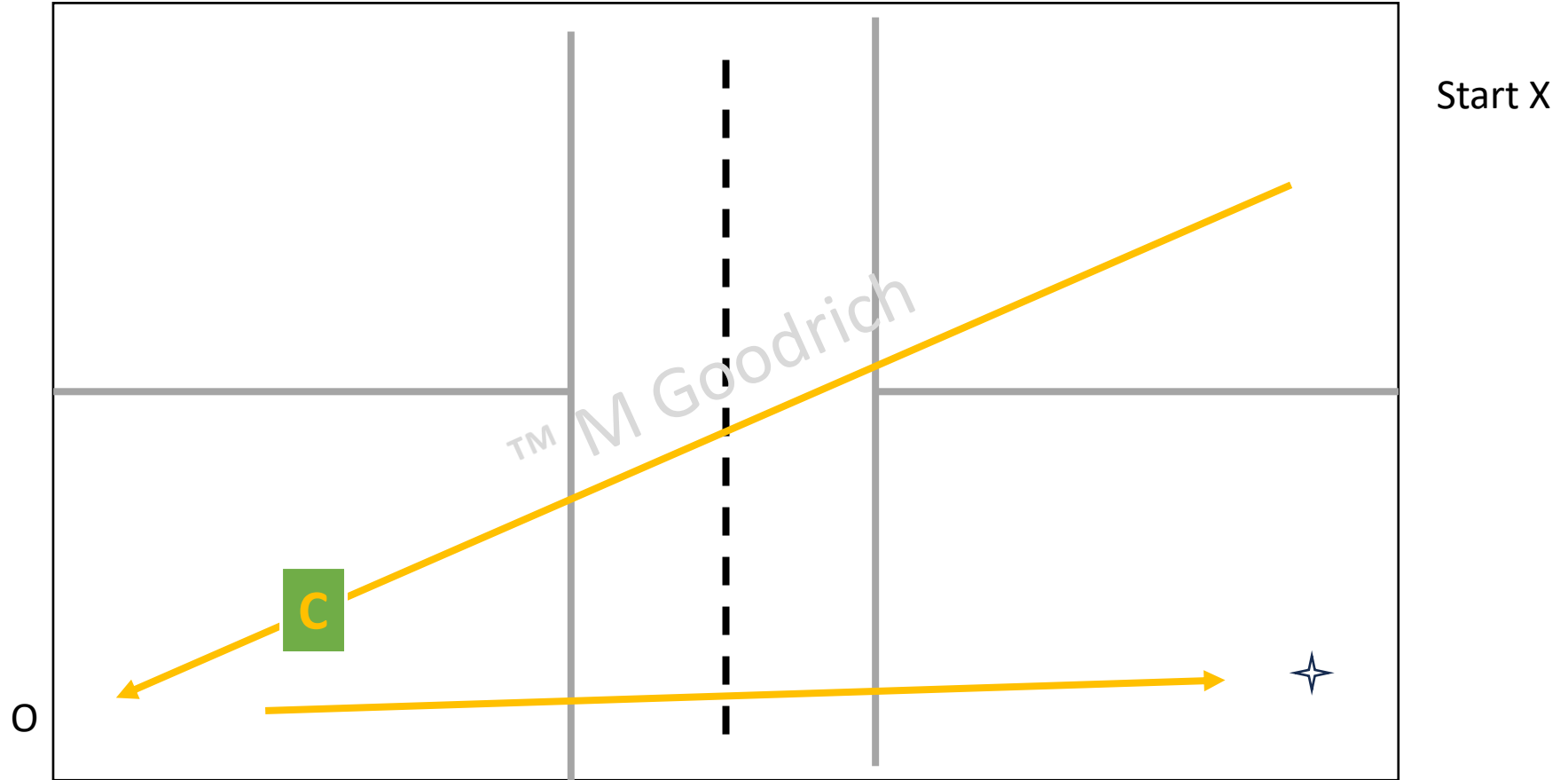
Sequence: Deep feed, 3rd shot drop, deep feed, 3rd shot drop



1-2 balls, 4-players

X=person; O=person; C= Challenger; →= ball direction

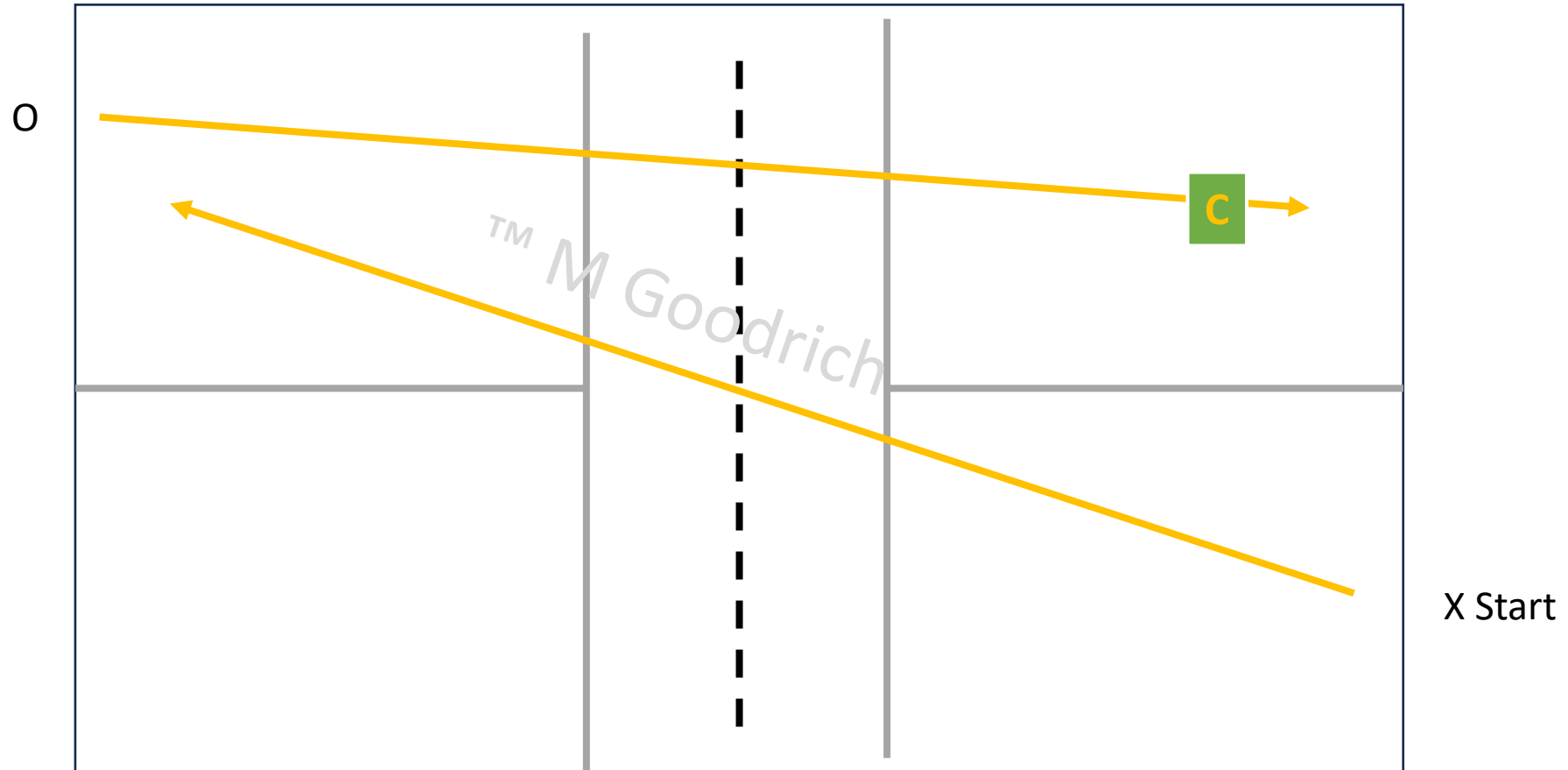
Sequence: Deep serve, return to target



1-ball; 2-players

X=person; O=person; C= Challenger; * = target; →= ball direction

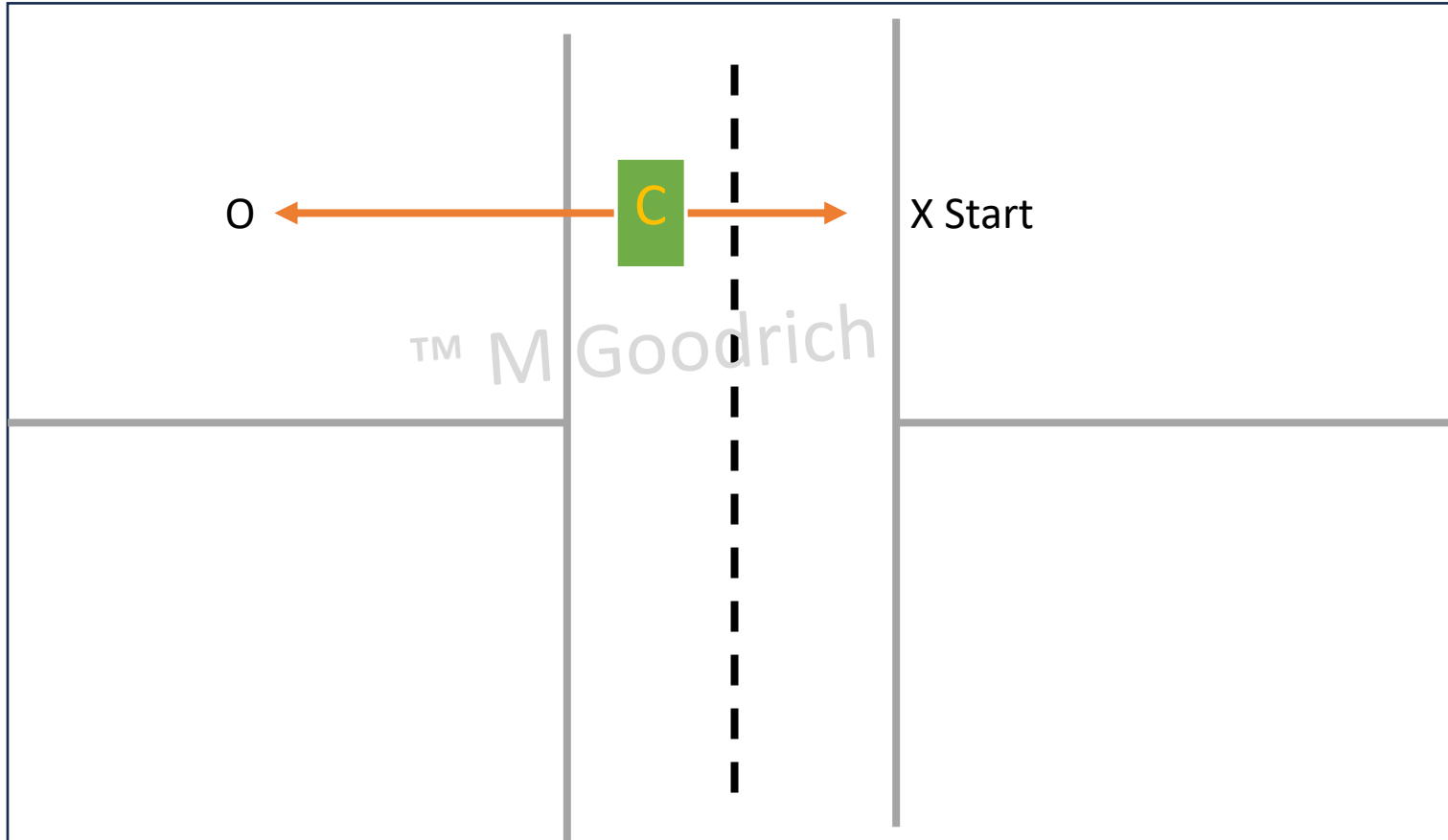
Sequence: Deep serve, deep return



1-ball, 2-players

X=person; O=person; C= Challenger; →= ball direction

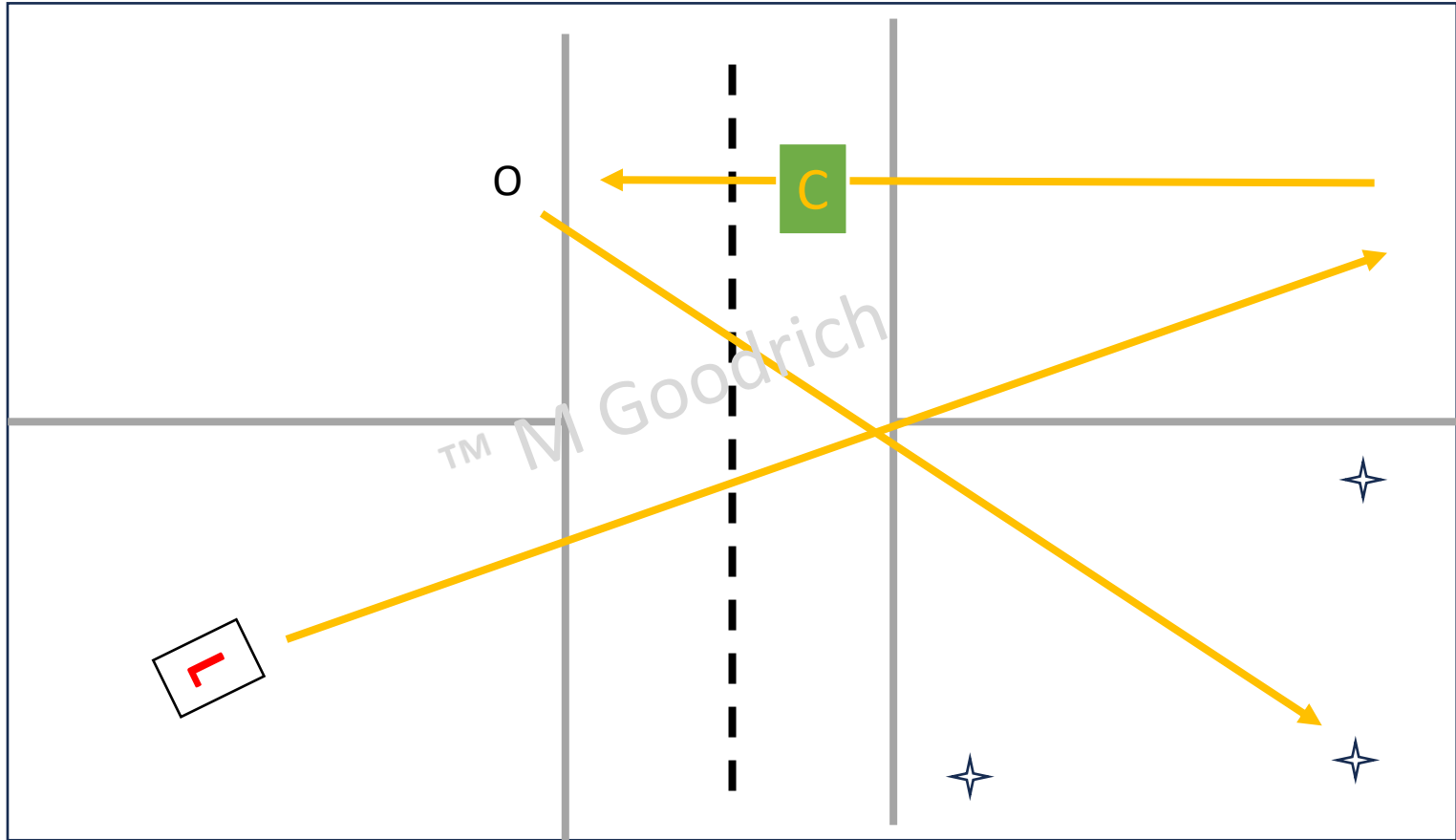
Sequence: Feed, reset, punch or roll volley



1-Ball, 2-players

X=person; O=person; C= Challenger; →= ball direction

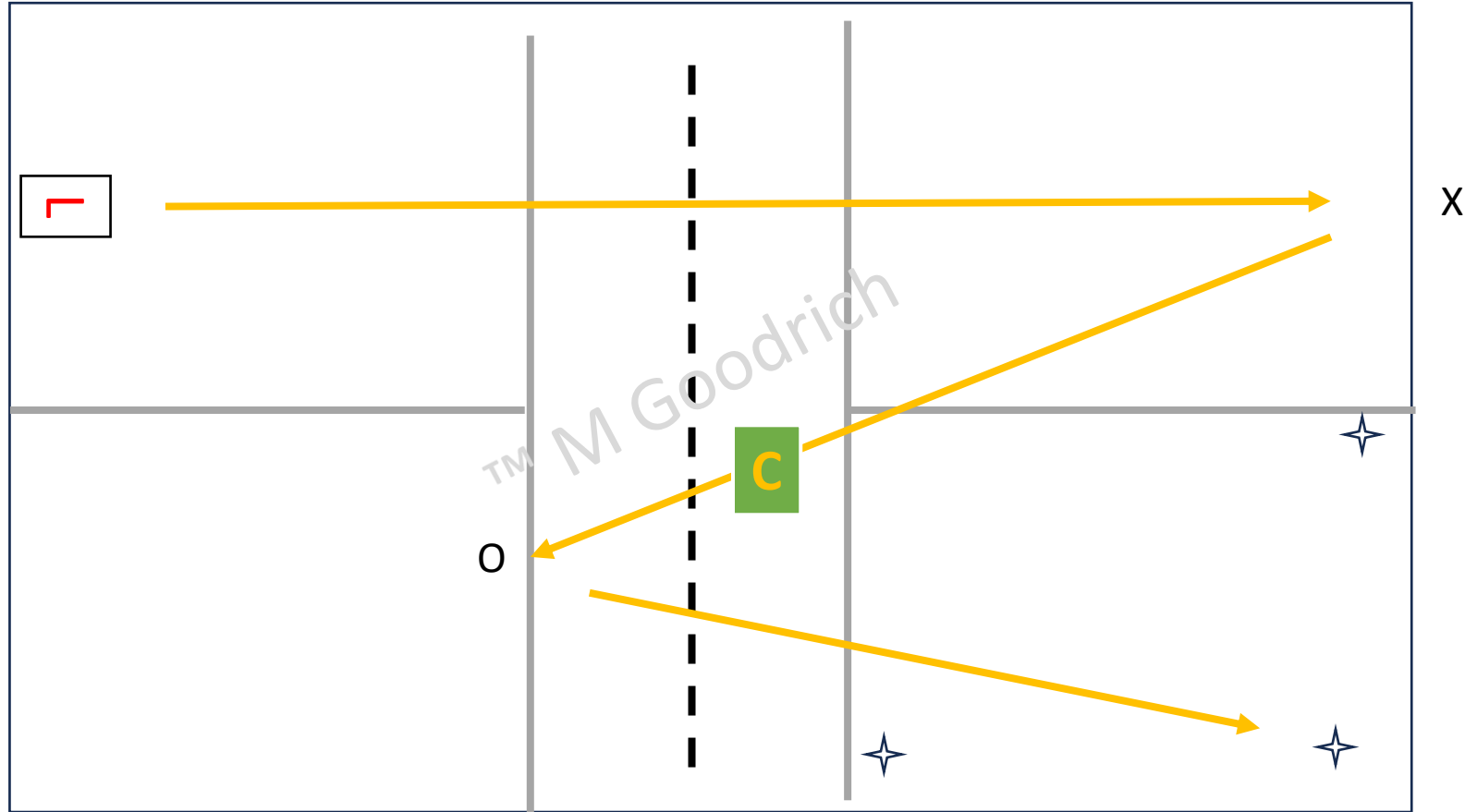
Sequence: Lobster feed, 3rd shot drop down line, volley x-court to targets



2-players

X=person; O=person; C= Challenger; L= Lobster; ☆ = targets; →= ball direction

Sequence: Lobster feed, 3rd shot drop cross court, volley down line to targets



2-players

X=person; O=person; C= Challenger; L= Lobster; ✨= targets; →= ball direction

TEMPLATE ORIGINAL for user to develop their own drill sequences

