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Setup as shown. Reds are working players, diagram illustrates highlighted player but all reds go together. Takes a retrain pass of left and right from the first server, sprints to next server, works a right and left foot volley, a high header and one press up before sprinting to the next red pole and continuing the circuit, when the final server has been cleared the working players sprint round the corner flag at the opposite end before recovering to their start position.