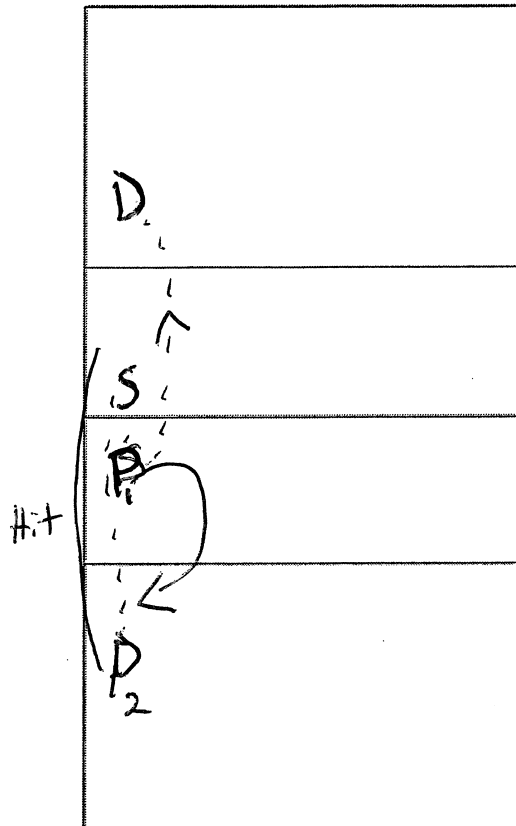


Drill Name: low switch Skill Featured: Ball control / basic skills



Objective:

- Dig to Partner, they set you and move under net and dig your hit. you then go under the net to their side and become there setter.

Conditions:

- hitting over the net is ideal, but setting and passing only can be use first.

Success Criteria:

- When using Passing and setting only Perfect passes can be counted.
- When using hitting count continuous rally or successful contacts over the net.
- 30 Seconds / switch groups

Reference Points/Cues:

- Setter must verbally call for ball or target
- "Gotta move" "Back pedal"