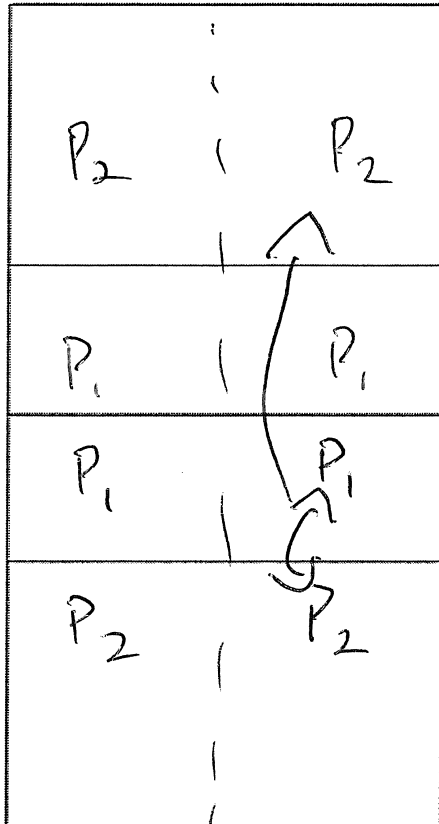


Drill Name: 2 on 2 switch Skill Featured: Ball control/basic skills



Objective:

Dig to Partner, Partner
sets you back, you put
ball over and you both
Switch.

Court is split in half, 2
groups go at once.

Conditions:

- 1st Set over
- 2nd standing hit
- 3rd back row attack.
- 4th tip

Success Criteria:

- Communication is important, "Switch", "here"
- movement is strong, shuffle
- Stationary on contact
- Free ball perfection.

Reference Points/Cues:
