



3) SWITCH, NO SWITCH: (10 players)

This net attacking drill is great for up to 12 players.

This is a doubles game where each player has his own partner. The players on the coach's side of the net are the challengers and attack the net when the coach feeds the ball. The players on the opposite side of the coach are the champions and stay back and play from the baseline.

A single point is played out.

If the challengers win the point, the coach yells out "switch" and all four of the players that just played, switch ends of the courts.

If the challengers lose the point, the coach calls out "no switch" and the four players simply return to the end of the line on their same side of the court.

Variation = This drill can be made less strenuous if two points are played out with only the second point determining if the players "switch"