



10 player version

11) Switch, No switch:

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

Level: 3.0 and higher

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

A single point is played out.

If the challengers win the point, the pro yells out “switch” and all 4 of the players that just played, switch ends of the courts.

If the challengers lose the point, the pro calls out “no switch” and the 4 players simply return to the end of the line on their same side of the court.

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