



12) Pro Passing Shots (Doubles):

Great drill for working on smart passing shots.

This is a 2-ball drill with one team at the net and the opposing team at the baseline.

Ball 1: Pro feeds a ball to the baseline team and the point is played out against the net team.

Ball 2: Same as Ball 1.

The baseline players must win **BOTH** points to dethrone the net team. If they lose either point, they rotate to the end of the line on their own side of the net.

If the baseline team wins both points, they will run to the net side and replace the net team and the next team at the baseline gets a high lob feed which they must hit as an overhead **AFTER** the ball bounces. Then ball 2 is the same.

This drill teaches players to **NOT** hit hard passing shots and instead, hit more lobs because that is how they actually win more points.