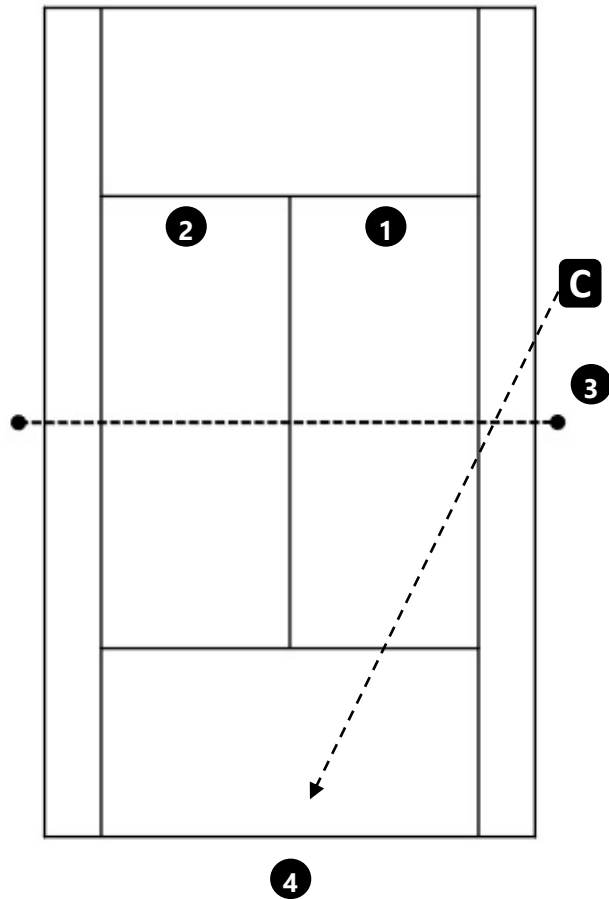


# DOUBLES DRILLS



## 32) Heide Ho:

Level: 3.5 & Higher

This is a tough 2-on-1 passing shot drill.

Coach feeds balls only to player 4 at the baseline. Player 4 plays points against the 2 net players, earning one point for every time he wins a point.

Player 4 must go up to ten points or until he yells out “Heide Ho” which means he gives up.

Players will try to avoid saying “Heide Ho” because they have pride.

Players rotate one spot to the right around the entire court until all players have taken a turn at the baseline.

**Variation 1:** Baseline loses one point for not trying for a ball (coach is the judge)

**Variation 2:** Baseline earns two points for hitting a clean winner against the net team.