



2 vs 2 HITTER TRANSITION

This cooperative drill uses 2-player teams to work on ball control and agility.

One player starts at the net and the other behind the 10ft line. A free ball is played to the back row player who passes to them self before setting their partner. The player at the net is required to get both feet behind the 10ft. line before performing a tip over the net.

This is a cooperative drill, so teams should work together to keep the rally alive. The front row player on the defensive side should jump and block each time before moving back to the 10ft. line to approach.

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