



SECOND BALL SWING

This is an up-tempo ball control drill designed to increase the quality of the first pass. Players compete against each other in a 2-on-2 format to reach a number of points specified by the coach.

Start with a pair of players on each side of the court. A down ball is given to whichever side is the designated “winning” side. Players are only allowed two touches – a pass and a hit over the net. They are eliminated if the other team scores a point or if they don’t hit the ball over on the second touch. The losing team goes to the back of the line, and points are cumulative over the course of the drill.

Coaches should encourage passers to pass the first ball high directed at the hitter, and hitters to be aggressive no matter where in the court they are hitting from.

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