



P

231) Dippers:

Drill for teaching how to hit low passing shots.

Level: 3.0 & Higher

Two separate games are play it on each half of the court.

The Net players start just behind the service line and should **not** close in.

The goal of this game is for the passing shot players to hit five balls that land inside the service box, what we typically call zones 1 and 2. (marked as yellow in diagram)

They don't have to get five in a row, just five total. When a passing player reaches 5, they come over and switch ends with the net player so everyone has a chance to play from the baseline and work on their skills at keeping their passing shots low.

This drill helps our players learn how to hot SMART passing shots and get over their addiction to hitting their passing shots with too much power.