

Switch Drill

Coach Kathy Bennett

Purpose

To force the team to talk and communicate. To help with recovering to the correct position, and work on stopping the ball on baseline and middle drives.

Organization

Eight players (four offense and four defense) set in a basic shell alignment, one ball.

Procedure

1. Start in a basic shell (see diagram 1).
2. Offense should try to move any time they can (see diagram 2).
3. When the coach calls the switch, offense sets the ball on the ground.
4. Offense becomes defense in the same shell set, and defense must find a new player to guard. A player cannot guard the person who was previously guarding her (see diagram 3).
5. Try to go for three to five switch calls.

Coaching Points

- Recover to position in relation to the ball.
- Know how to rotate on penetration.
- Communicate.

Variation

- Start in another formation that does not balance the floor.

