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## **Ball Control Drills to Increase Player Contacts and Coaching Feedback**

gym.	pach you need to develop ways to become the <i>leas</i> That means YOU need to touch the ball LESS and t . The challenge of having one coach, one court, an	the KIDS need to touc	
1.	Pepper becomes Triangle Pepper a. Increases all three skills b. Creates movement and communication		
2.	Ladder Passing a. Works hands and platform b. Puts focus on tempo control and commun	nication	
3.	In Sync Passing a. Works tempo control and location b. Develops spatial awareness and commun	ication	
4.	Full Contact Butterfly a. Develops all skills for all players		
5.	Continuous Butterfly a. Requires good skills and teamwork		
6.	Outlet High Ball Rally a. Creates out of system contacts b. Forces all players to regain control		
7.	Cross Court Pepper a. High ordered transition skills b. Game like movements and focus		