



HITTING DRILLS PARTNER CHALLENGE CARD

Level 1	Stand next to the net. Partner tosses the ball for you to hit onto the net
Level 2	Stand 1 foot from the net. Partner tosses the ball for you to hit onto the net
Level 3	Stand 3 feet from the net. Partner tosses the ball for you to hit onto the net
Level 4	Stand 5 feet from the net. Partner tosses the ball for you to hit onto the net
Level 5	Stand 5 feet from the net. Partner tosses the ball towards the net and you hit the ball onto the net while moving
Level 6	Repeat all levels using non-dominant hand