

1. **Segmented Shadow Swings**
2. **Continuous Shadow Swings**
3. Shadow Swings with contact "taps"
4. **Fake Tosses**
5. Real hits with eyes closed (coach facilitates)
6. Stationary Drop Hits
7. Drop Hits With Movement
8. Close Underhand Toss (same side)
9. Far Underhand Toss (other side)
10. **Feeds From Net, Student On Service Line**
11. Feeds From Net, Student in No Man's Land
12. Feeds from Net, Student on Baseline
13. Feeds From Net, Student Movement
14. Feeds From Service Line
15. Feeds From No Man's Land
16. Feeds From Baseline
17. Cooperative rally - Isolated shot, no target
18. Cooperative rally - Isolated shot, target area
19. Cooperative rally - Isolated shot, specific target
20. Cooperative rally - Movement, no target
21. Cooperative rally - Movement, target area
22. Cooperative rally - Movement, specific target
23. Cooperative rally - Starting with serve
24. Cooperative rally - Starting with return
25. Competitive rally - Isolated shot, specific direction
26. Competitive rally - Isolated shot, open direction
27. Competitive rally - Movement, specific target
28. Competitive rally - Movement, open direction
29. Competitive rally - Starting with serve
30. Competitive rally - Starting with return
31. Open point play - sparring
32. REAL MATCH PLAY