

**171) Straight Chaser:**

Control drill with volleys and groundstrokes.

Level: 3.5 & Higher

This is a 3 ball drill.

Ball 1: The pro feeds a lob over players 3 & 4 and they must chase it down and lob it back, while at the same time players 1 & 2 must run up and tap the net.

Ball 2: The pro feeds players 3 & 4 (now at the baseline) a groundstroke and the point is played out against the net team.

Ball 3: The Pro feeds a moonball to players 3 & 4 who must move in and play it out of the air and follow it to the net.

Ball 3 is also the money ball and determines which team comes over to the pro's side of the court to be the champions.