



5) Consistency Battle:

This drill helps players extend the rally.

Players 1 & 2 are partners and competing against players 3 & 4.

Points are all played straight ahead on half of a court.

Partners are working cooperatively to sustain a rally longer than their opponents.

There are two ways to score points...

- 1) Have your rally go longer than the other pair of players
- 2) Get to 10 shots in a row before the other pair does it.

(Having option #2 keeps players from trying to moonball or “push” the ball to win by outlasting the other team)