



8) Cuban Davis Cup:

Various doubles shots are hit in this drill.

Players 1 & 2 are a team playing against players 3 & 4.

Players 1 and 2 start as the net rushers.

Player 1 starts in no-man's lands and feeds to player 4 and rushes the net. The point is played out cross-court only.

After that point is done, players 2 feeds to player 3 and does the same thing.

Score is kept as a team, so partners will have a combined score.

After a few minutes, the players switch ends of the courts so players 3 & 4 can practice being the net rushers.

This drill is great for getting players to hit a lot of volleys in a short period of time.