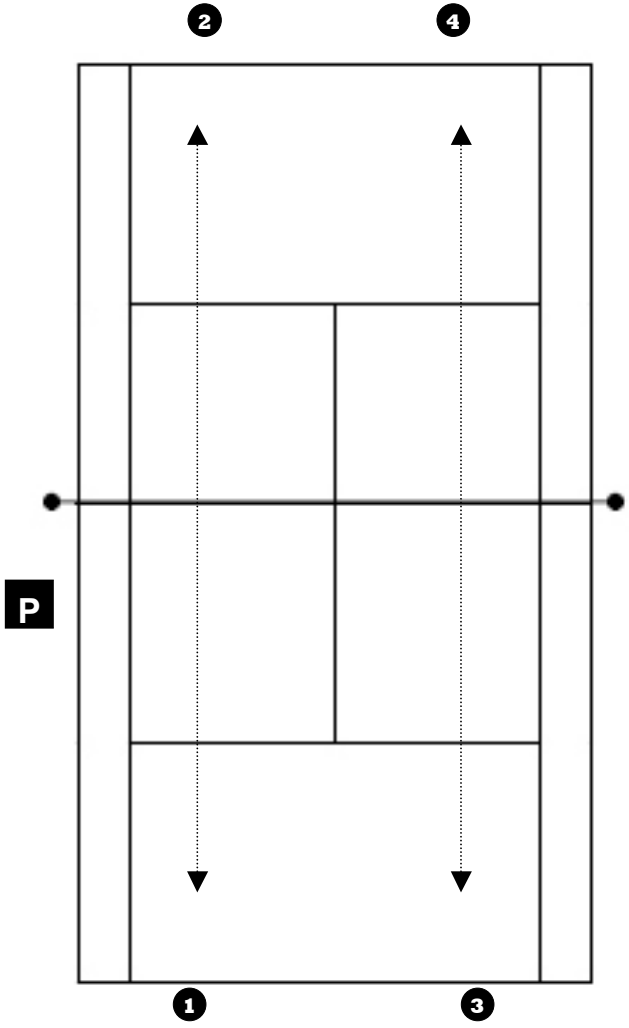

40) Cincinnati Shuffle:

This is a groundstroke game that allows players to win a "hustle" point

Level: 3.0 and higher

Player 1 plays 2 while player 3 plays 4 each on their own half of a court.

Players self feed a ball and the point is played out from the baseline. Neither player can approach the net unless their opponent's ball lands short (inside the service box.)

After each regular point, the players race to the net and tap it. The first player to reach the net earns the "hustle" point

This drill teaches players to keep the ball deep, because of they allow their opponent to get to the net they will for sure lose the race to the net and the hustle point.

If a player forgets to run up to the net, his opponent can set him back 3 points by touching the net and running back to the service line and touching the net again before his opponent touches for the first time.

V: Play full court 3 points and only race to the net after the third point, then switch ends.