



3) Consistency Battle:

This drill helps players extend the rally and become more consistent.

Level: 2.5 & Higher

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)