

**235) 100 Volley Race:**

Players work to sustain a volley to groundstroke rally.

Level: 3.5 and higher

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

Each set of players' attempts to reach 100 volleys in the court before the other pair does it.

You only count **volleys** in the court, not groundstrokes.

The volleys do NOT have to be in a row.

If the ball goes out of play, the players simply start again from that number.

Feeds do not count as part of the total.

This is a deceptively difficult drill.