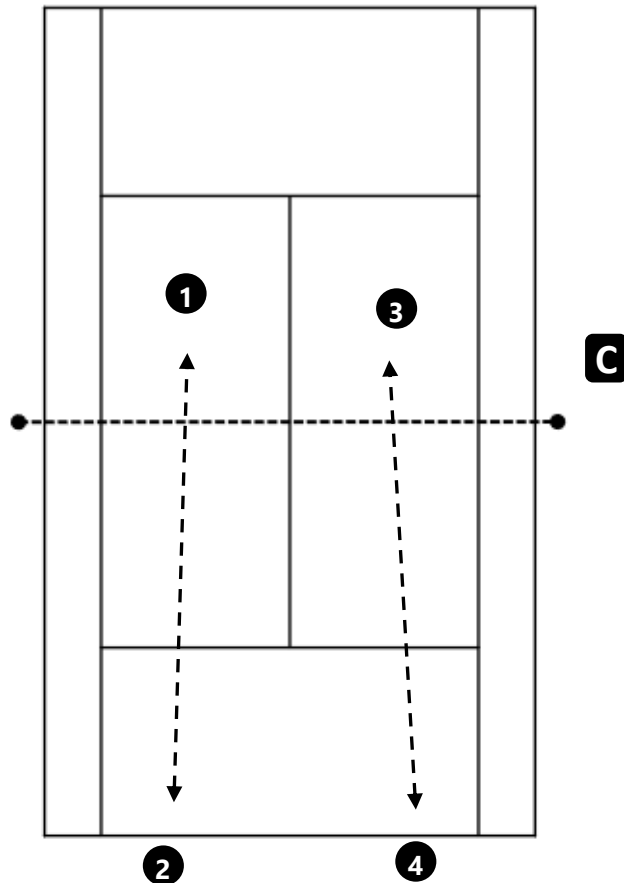


# DOUBLES DRILLS



## 247) Rally Race: Level: 3.0 & Higher

This game is played on half of the court.

Players 1 & 2 are partners and so are players 3 & 4.

The coach assigns a rally length as the goal for the players.

Then the player try to sustain a volley to baseline rally for that long

If the coach pick six as the rally length goal, the player try to rally six in a row.

Each time they accomplish this they earn a point.

It is not easy to sustain a volley to baseline rally.

We have the teams do this drill for a set amount of time (5 minutes) and then rotate the teams up or down the courts.

Players learn both volley and groundstroke control.