



C

## 1) CONSISTENCY BATTLE:

Players 1-2-3 are a team playing against players 4-5-6.

Points are all played straight ahead on half of a court.

Partners are working cooperatively to sustain a rally longer than their opponent's rally.

The players can feed or if it works better, the coach can start the feed. The initial feed should be simultaneous.

The way you score a point is to keep your rally going longer than your opponent's rally.

After each attempt, the on-deck player moves in and replaces the baseline player on the coach's side.

The coach should make sure to rotate all the players over to the solo side during the drill.