



3) ONE RACKET RALLY:

Fun game that requires cooperation.

The coach feeds a ball to one side. The players proceed to rally the ball with each team using only one racket.

After each shot is hit, the hitter must give his racket to the next person in line behind them and then run to the end of the line.

The first variation should be cooperative, so the players get the hang of the drill.

After the players do the cooperative version, they can switch to the competitive version where each side competes against the players on the opposite side of the court.

The players should learn to buy time and hit the ball high, so they have enough time to give the racket to their partner behind them.