

**179) Consistency Battle:**

This drill helps players extend the rally.

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 as a way to win by outlasting the other team)