



CUBAN DAVIS CUP: This is a perfect drill for improving your volley and transition skills.

Two players play against each other for an entire set. The attacking player starts at the baseline and hits an underhand feed cross-court and **must rush the net**, the rest of the point is played out cross-court only. The next point will be to the Ad court and is played out the same way. The first player feeds the entire first game as the attacker and when that game is over, the other player becomes the attacker. This continues until an entire set is completed.

We love this game because it helps players dramatically increase the number of *touches on the ball* they get on their volleys.

Ball count matters so this drill is very effective. It's important to remember to just focus on getting *your touches on the ball*, do not get hung up on whether you're winning or losing the points.