

COOPERATION, improve basic forehand and backhand technique to improve consistency in rallies

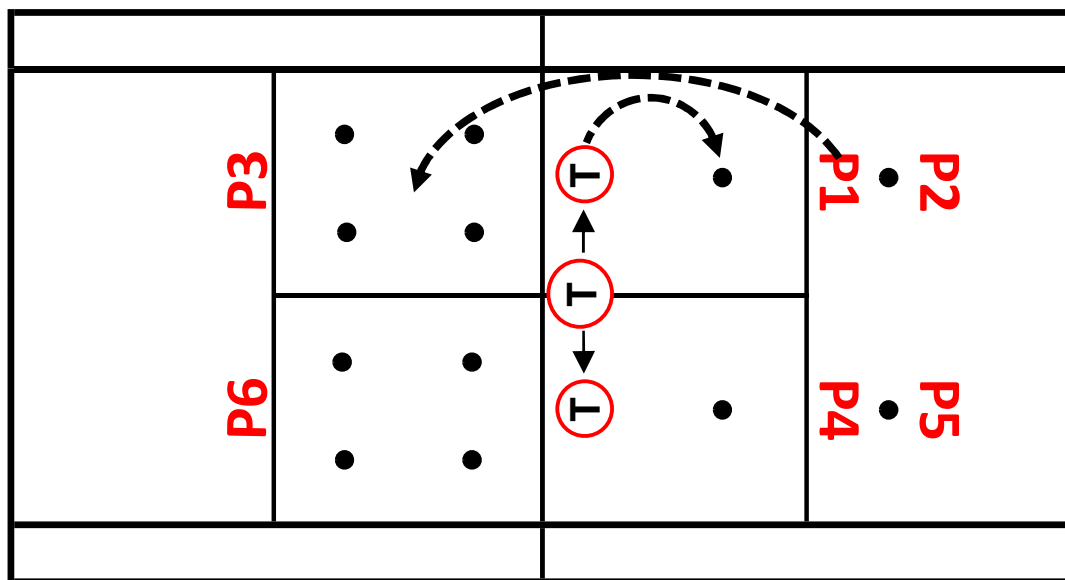


TIME: 20 minutes (LMM) – Forehand, backhand

TEACHING POINTS

Summary: Prepare the body (rotate shoulders) and racket before the ball bounces.

EXERCISE



Feed:	The teacher throws a ball to P1's forehand. After throwing the ball to P1, the teacher does the same to P4.
Projection:	P1 throws the ball back (straight ahead) and plays the point against P3.
Mobility:	To be allowed to play the point, P1 must (1 st ball received) prepare the body (rotate shoulders) and the racket (-1) before the ball bounces on the ground.
Scoring system:	The first player between P1 and P2 who scores 3 points will replace P3.
Rotation:	After 10 minutes, the teacher will throw the ball using the backhand side.