

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

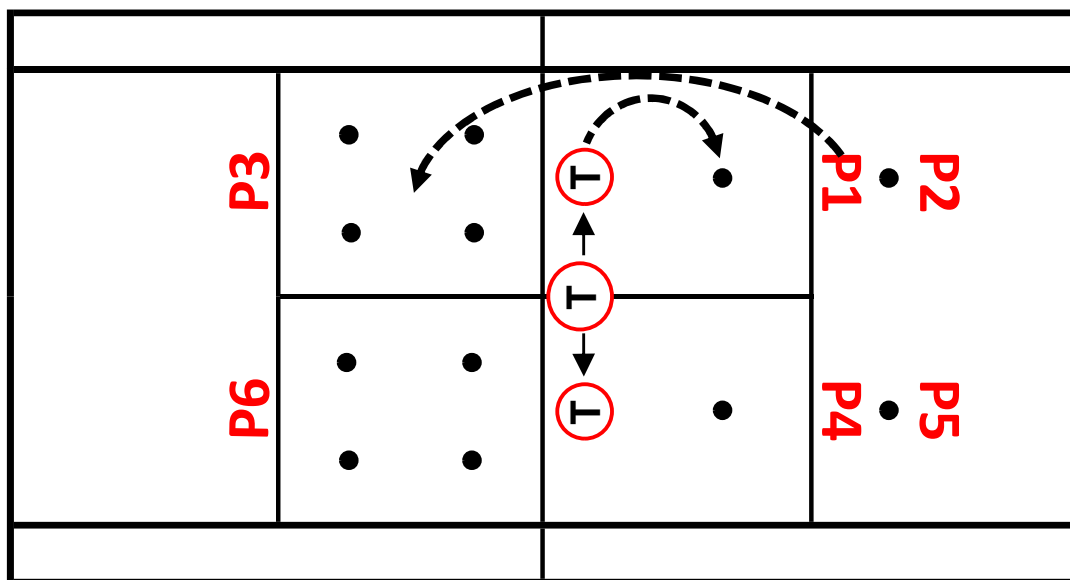


**TIME: 20 minutes (LMM) – Forehand or backhand**

**POINTS D'ENSEIGNEMENT**

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

**EXERCISE**



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