

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

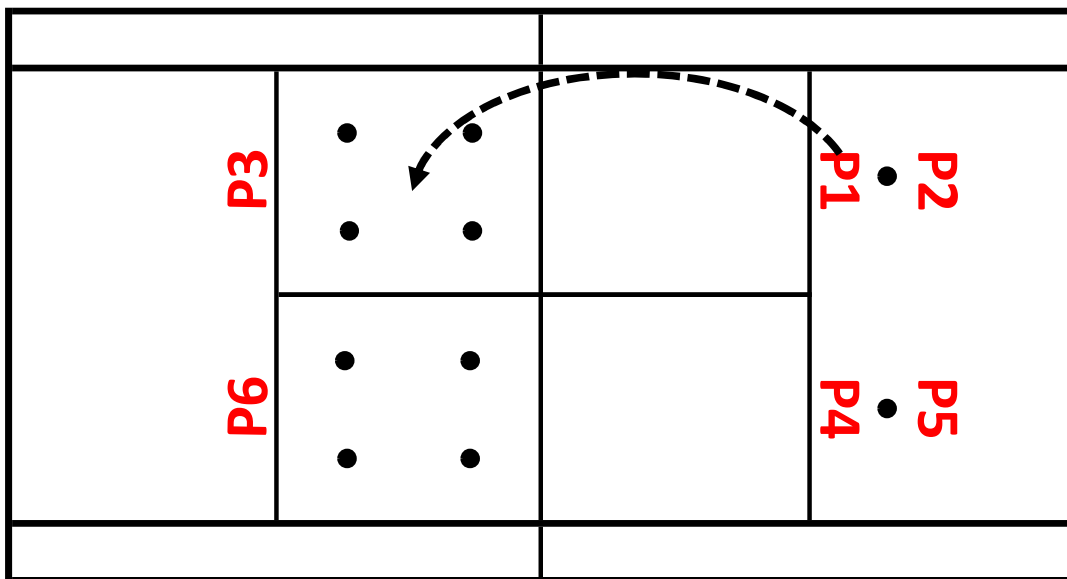


TIME: 20 minutes (LMM) – Forehand or backhand

TEACHING POINTS

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

EXERCISE



Feed:	In a forehand position, P1 throws an arcing ball towards the target (straight ahead). P4 will do the same towards P6.
Projection:	P3 throws the ball back and plays the point against P1.
Mobility:	To be eligible to play the point, P1 must face-off inside the ground target and P3 must prepare (1 st ball received) the body (rotate shoulders) and the racket (-1) before the ball bounces.
Scoring system and rotation:	The first player between P1 and P2 who scores 3 points will replace P3. After 10 minutes, the shots will be done from the backhand side.