

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

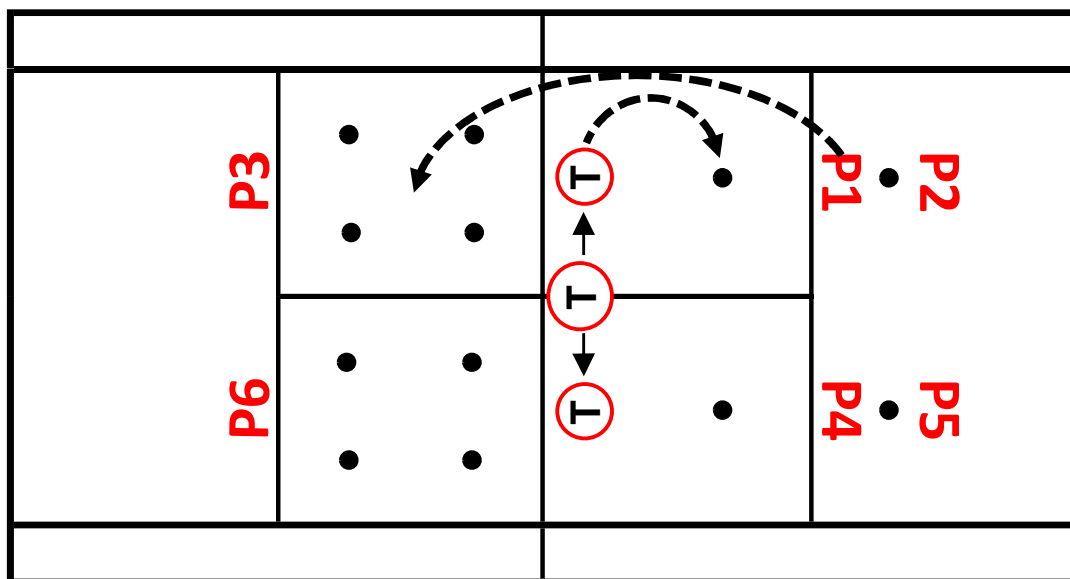


TIME: 20 minutes (LMM) – Forehand, backhand

TEACHING POINTS

Summary: *Strike the ball within the comfort zone of the point of impact.*

EXERCISE



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|------------------------|---|
| 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 hit (1 st ball) in the comfort zone of the point of impact. |
| 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 to the backhand side. |