

COOPERATION, develop the basic technique of the forehand and the backhand to improve consistency during rallies

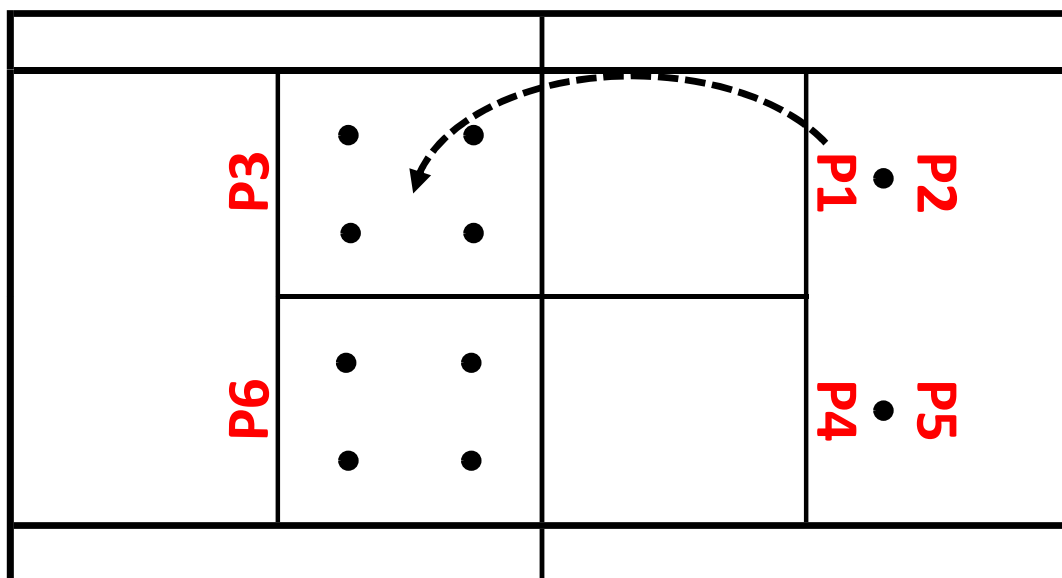


TIME: 20 minutes (LMM) – Forehand or backhand

TEACHING POINTS

Summary: *Hit the ball in the comfort zone of the impact point.*

EXERCISE



Feed:

Into forehand position, P1 hits an arched ball to the forehand or to backhand of P3. At the end of the point, P4 will do the same towards P6.

Projection:

P3 hits the ball back and P3-P6 play the point against P1-P4.

Mobility:

To be allowed to play the point, P3 needs (on the first ball) to hit the ball in the comfort zone of the impact point. After the 2 points sequence (shot from P1 and shot from P4), P2-P5 take over P1-P4.

Scoring system and rotation:

The team that wins 2 points in a row, takes over the team that is alone. After 10 minutes, players will use the backhand to start the points.