

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

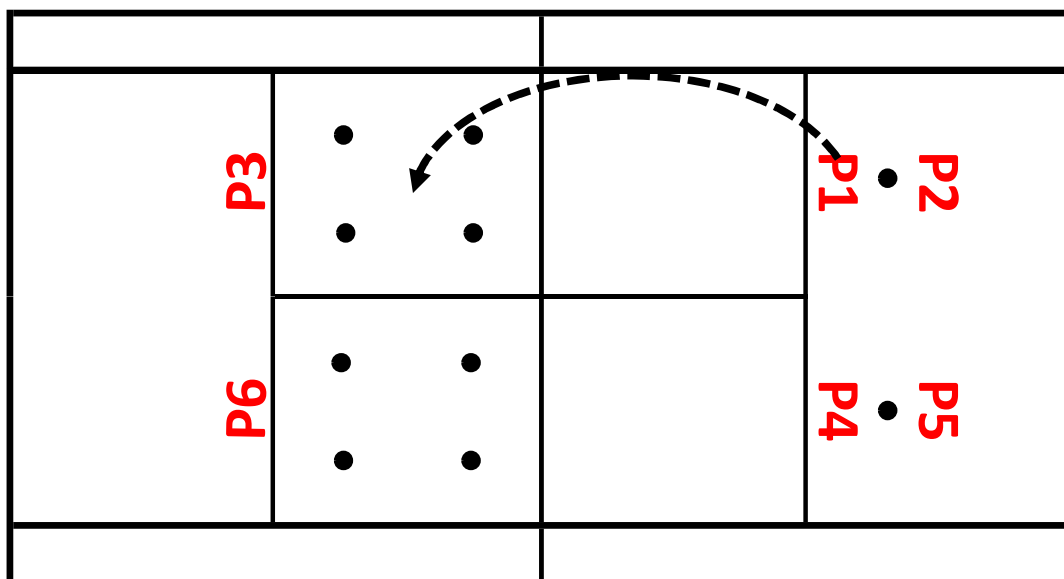


TIME: 20 minutes (LMM) – Forehand or backhand

TEACHING POINTS

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

EXERCISE



Feed:

In a forehand position, P1 throws a ball arcing to P3's forehand or backhand. P4 does the same to 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 hit (1st ball) into the comfort zone of the point of impact.

Scoring system and rotation:

The first player between P1 and P2 who scores 3 points will replace P3. After 10 minutes, the serves will be from the backhand side.