

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

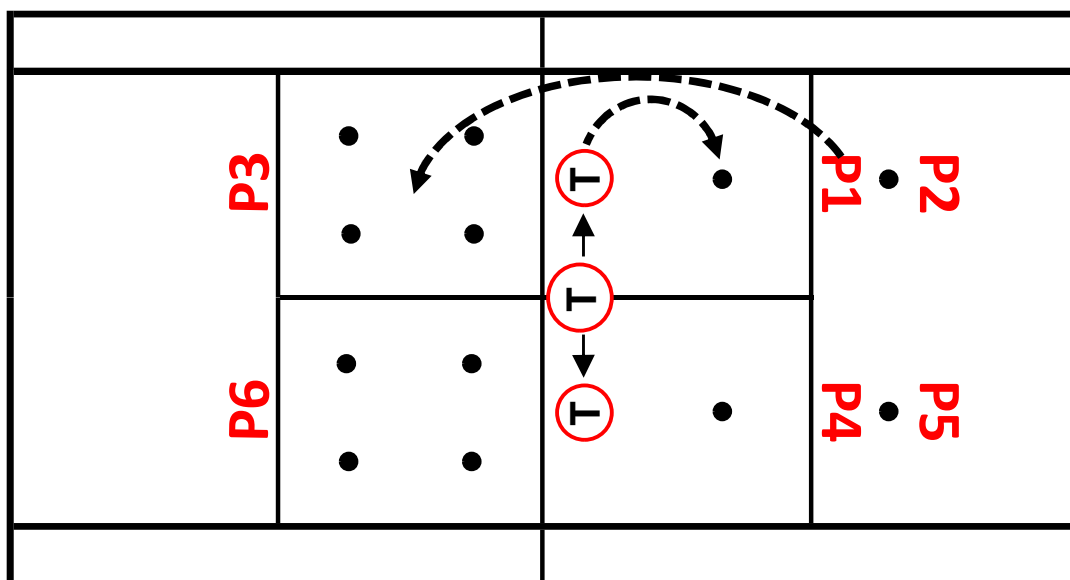


TIME: 20 minutes (LMM) – Forehand, backhand

TEACHING POINTS

Summary: *Strike the ball with body participation (hip and shoulder rotation).*

EXERCISE



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 (1st ball received) hit the ball with the body (hips and shoulders rotation).

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.