

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

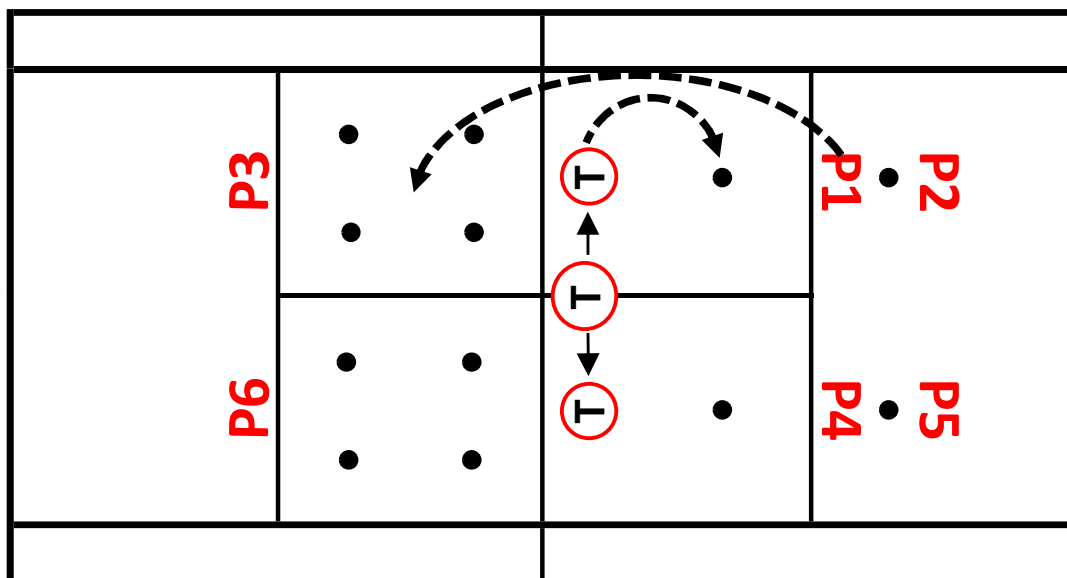


**TIME: 20 minutes (LMM) – Forehand, backhand**

**TEACHING POINTS**

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

**EXERCISE**



**Feed:**

The teacher throws a ball to P1's forehand or backhand. 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 (1<sup>st</sup> 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, change the pairs.