

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

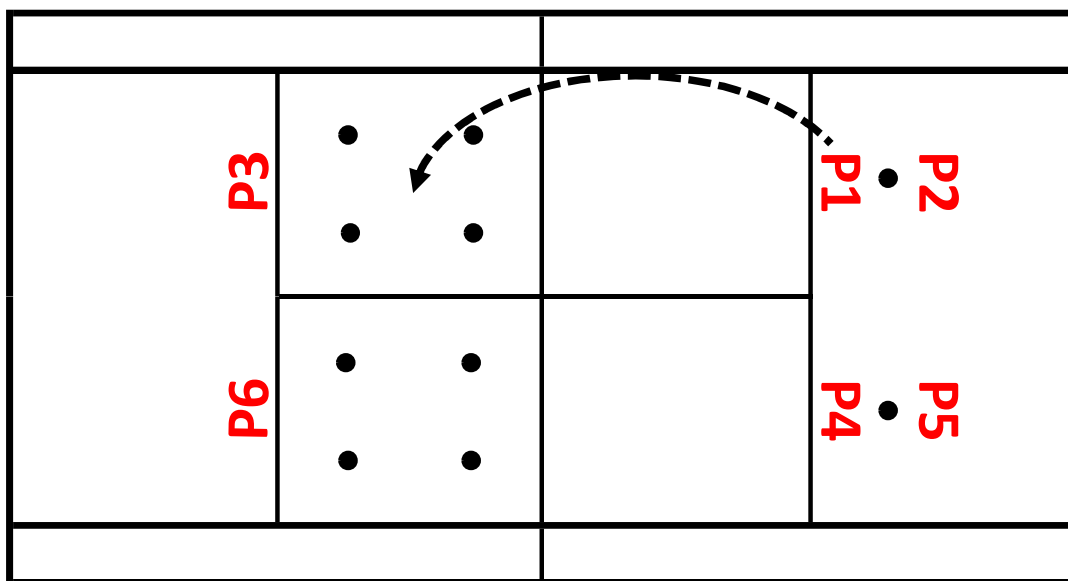


**TIME: 20 minutes (LMM) – Forehand or backhand**

**TEACHING POINTS**

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

**EXERCISE**



**Feed:**

In a forehand position, P1 throws an arcing ball towards the target (straight ahead). P4 does the same towards P6.

**Projection:**

P3 throws the ball back and contests the point against P1.

**Mobility:**

To be allowed to play the point, P1 must face the ball inside the ground target and P3 must (1<sup>st</sup> ball received) hit the ball with the body (hip and shoulder rotation).

**Scoring system and rotation:**

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