

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

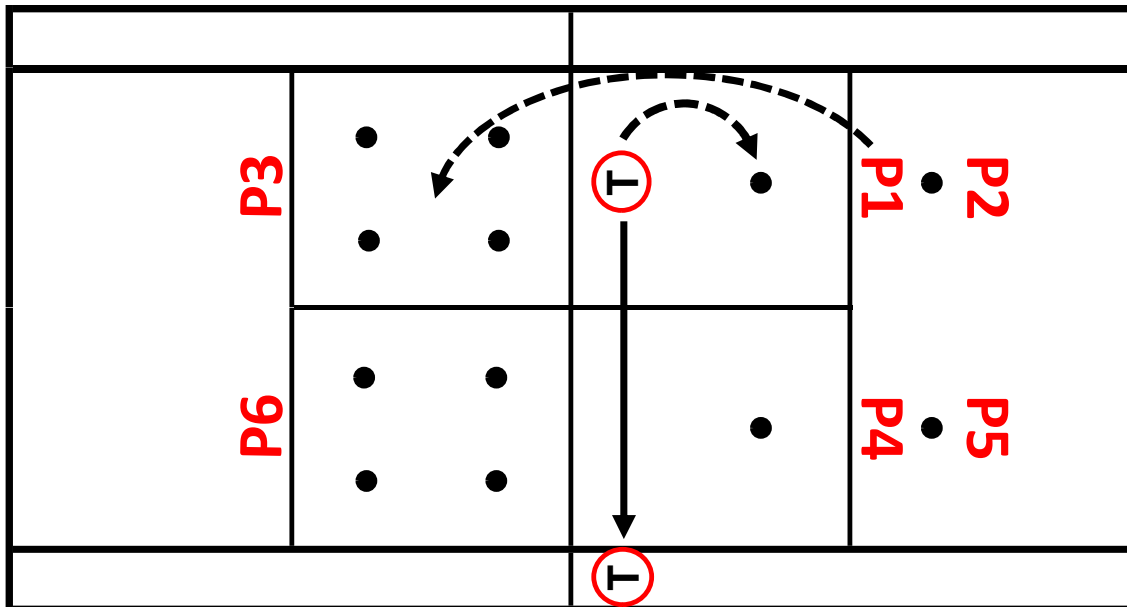


**TIME: 20 minutes (LMM) – Forehand, backhand**

**TEACHING POINTS**

**Summary:** *Prepare, get into position and hit the ball.*

**EXERCISE**



**Feed:**

The teacher throws a ball to the forehand of P1. After the point, he will do the same to P4.

**Projection:**

P1 hits the ball inside the target located in front of him and P1-P4 play the point against P3-P6.

**Mobility:**

To be allowed to play the point, P1 needs (on the first ball) to identify the 3 steps of the shot making process. (prepare, get into position, hit). After the 2 points sequence (feed to P1 and feed to P4), P2-P5 take over P1-P4.

**Scoring system:**

The team that wins 2 points in a row, takes over the team that is alone.

**Rotation:**

After 10 minutes the teacher will feed to the backhand.