

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

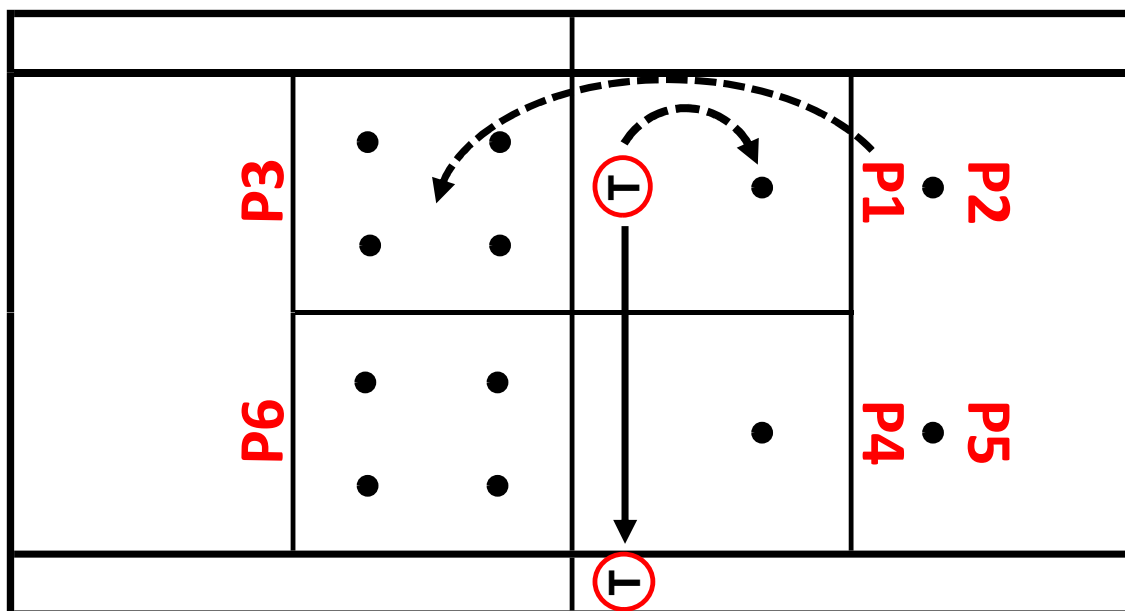


**TIME: 20 minutes (LMM) – Forehand or backhand**

**TEACHING POINTS**

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

**EXERCISE**



|                        |  |
|------------------------|--|
| <b>Feed:</b>           | The teacher throws a ball to the forehand or to the backhand of P1. After the point, he will do the same to P4.  |
| <b>Projection:</b>     | P1 hits the ball inside the target located in front of him and P1-P4 play the point against P3-P6.   |
| <b>Mobility:</b>       | 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. |
| <b>Scoring system:</b> | The team that wins 2 points in a row, takes over the team that is alone.   |
| <b>Rotation:</b>       | After 10 minutes, change the teams.  |