

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

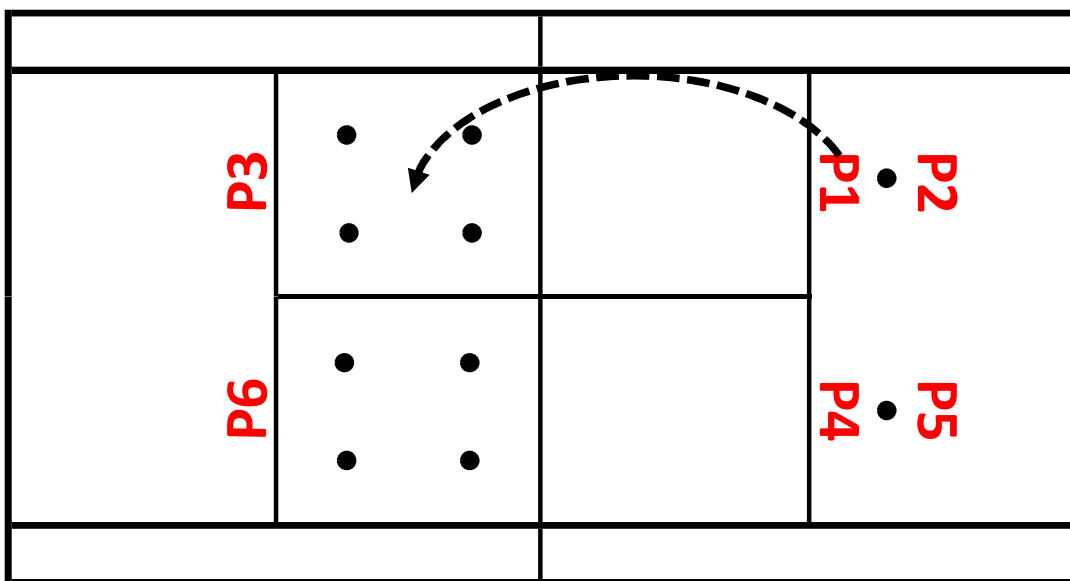


TIME: 20 minutes (LMM) – Forehand or backhand

TEACHING POINTS

Summary: *Preparing, positioning, hitting the ball.*

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 st ball received) identify the 3 steps of the shot (set up, position, hit).
Scoring system and rotation:	The first player between P1 and P2 who scores 3 points will replace P3. After 10 minutes, the serves will be done from the backhand side.