

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

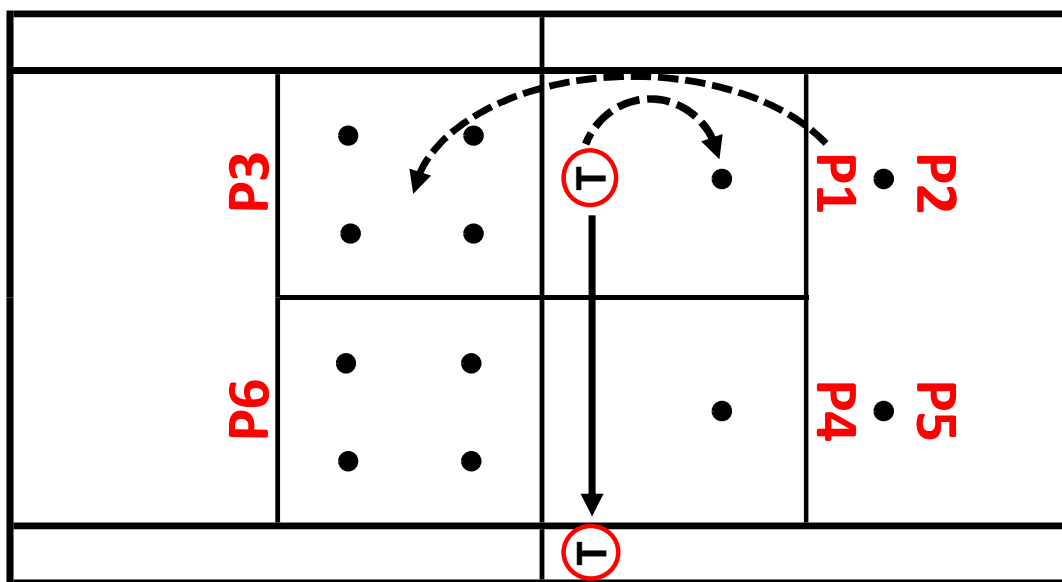


**TIME: 20 minutes (LMM) – Forehand or backhand**

**TEACHING POINTS**

**Summary:** *Prepare the body (turn the shoulders) and racquet before the bounce of 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 prepare the body (turn the shoulders) and the racquet (-1) before the bounce. 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.