

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

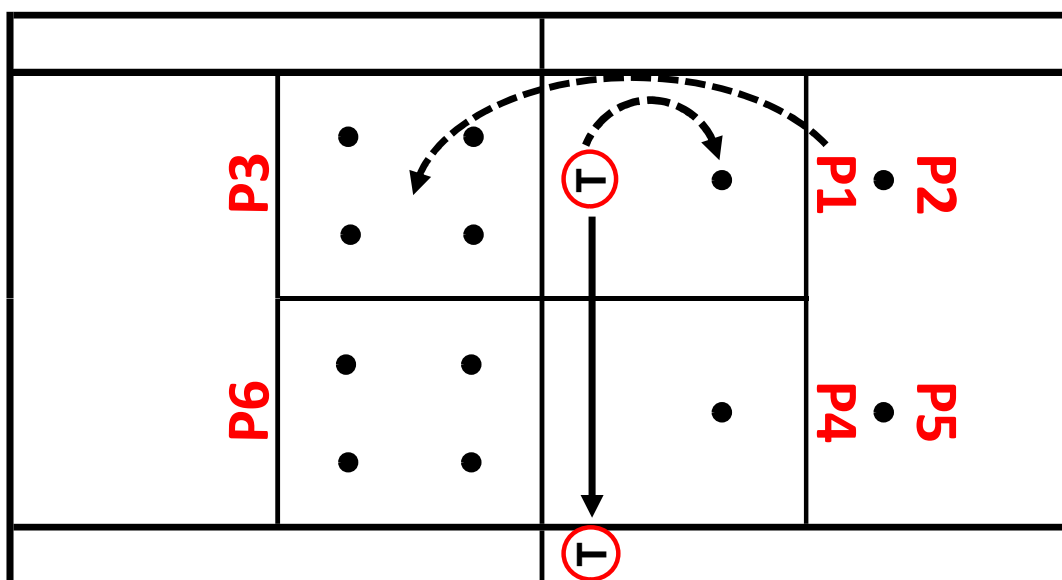


TIME: 20 minutes (LMM) – Forehand or backhand

TEACHING POINTS

Summary: *Hit the ball in the comfort zone of the impact point.*

EXERCISE



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| Feed: | The teacher throws a ball to the forehand or to the backhand 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 hit the ball in the comfort zone of the impact point. 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, change the teams. |