

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

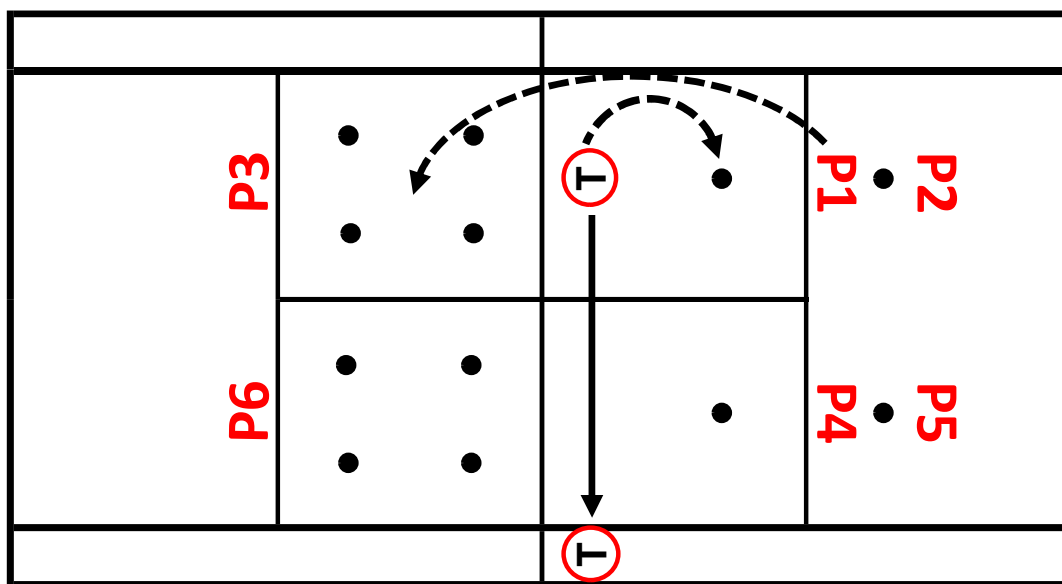


TIME: 20 minutes (LMM) – Forehand, backhand

TEACHING POINTS

Summary: *Hit the ball with the use of the body (hips and shoulders rotation)*

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 to hit the first ball with the use of his body, (hips and shoulders rotation). 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.