

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

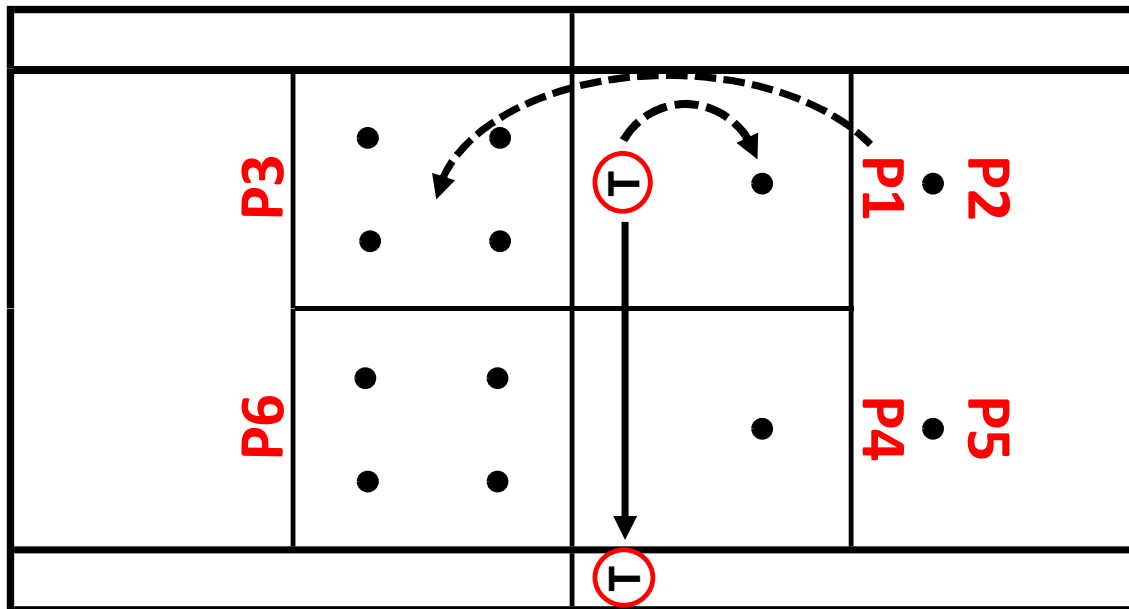


**TIME: 20 minutes (LMM) – Forehand, backhand**

**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 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 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, change the teams.