

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

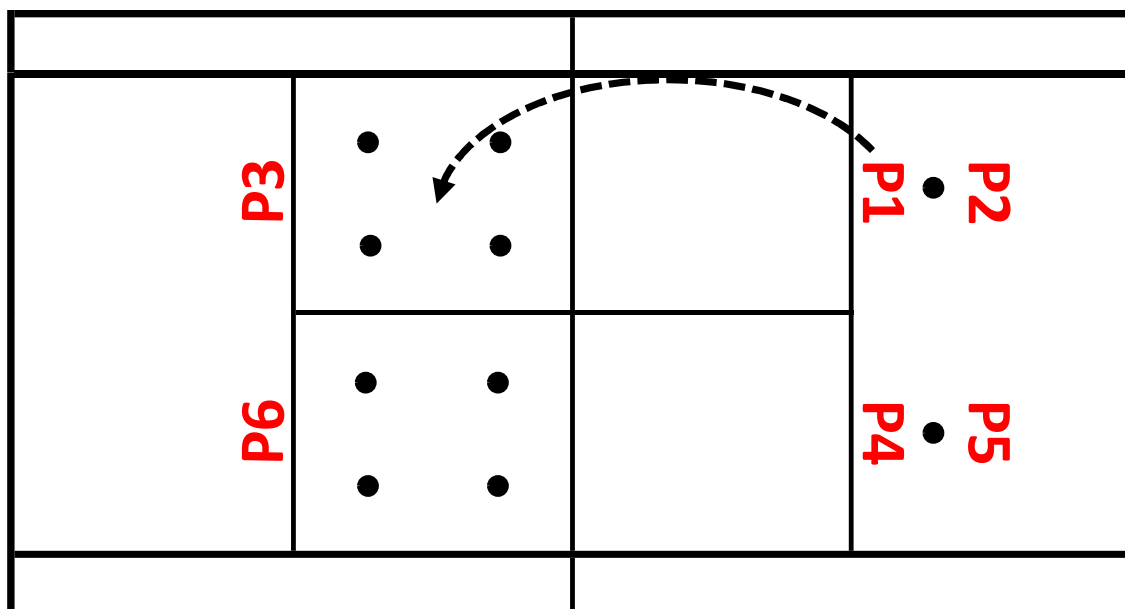


TIME: 20 minutes (LMM) – Forehand or backhand

TEACHING POINTS

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

EXERCISE



Feed: Into forehand position, P1 hits an arched ball towards the target in front of him. At the end of the point, P4 will do the same towards P6.

Projection: P3 hits the ball back and P3-P6 play the point against P1-P4.

Mobility: To be allowed to play the point, P3 needs (on the first ball) to hit the ball with the body (hips and shoulders rotation). After the 2 points sequence (shot from P1 and shot from P4), P2-P5 take over P1-P4.

Scoring system and rotation: The team that wins 2 points in a row, takes over the team that is alone. After 10 minutes, players will feed with the backhand.