

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

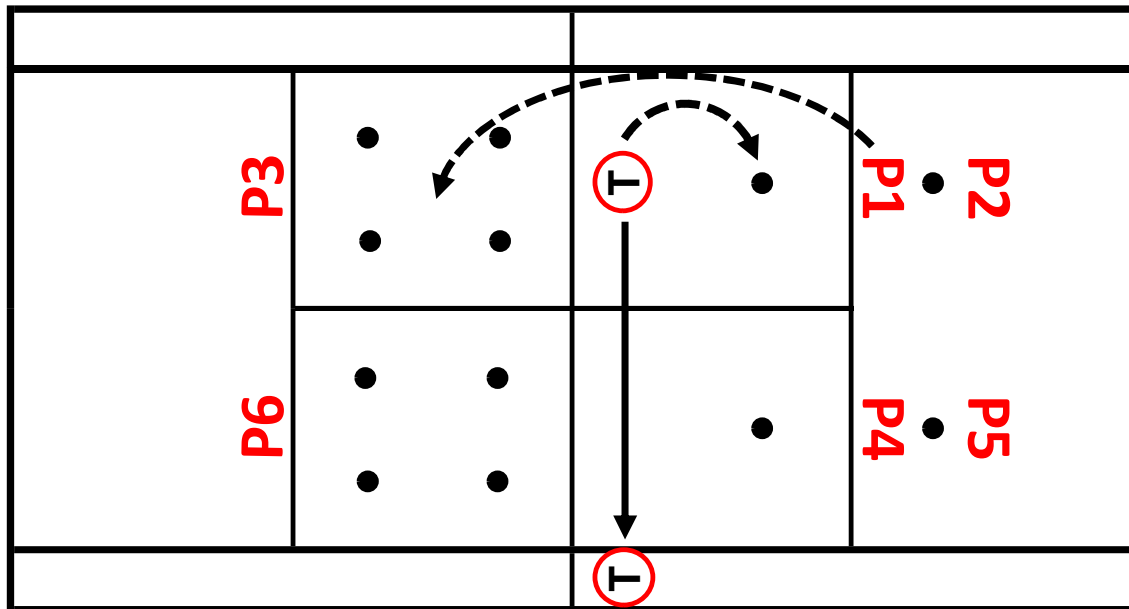


TIME: 20 minutes (LMM) – Forehand, backhand

TEACHING POINTS

Summary: *Hit the ball in the middle of the racquet at the moment of the shot (bounce, hit).*

EXERCISE



Feed: Into forehand position, P1 hits an arched ball towards P3. P4 will do the same towards P6.

Projection: P3 hits the ball back and keep the rally going with P1.

Mobility: To be allowed to keep the rally going, P1 and P3 need to say bounce when the ball bounces and say hit when they hit. At the end of the rally P2 takes over P1.

Scoring system: The team that makes the most consecutive rallies in 5 minutes.

Rotation: After 10 minutes the teacher will feed to the backhand.