

ADAPTATION, learn to defend against fast balls

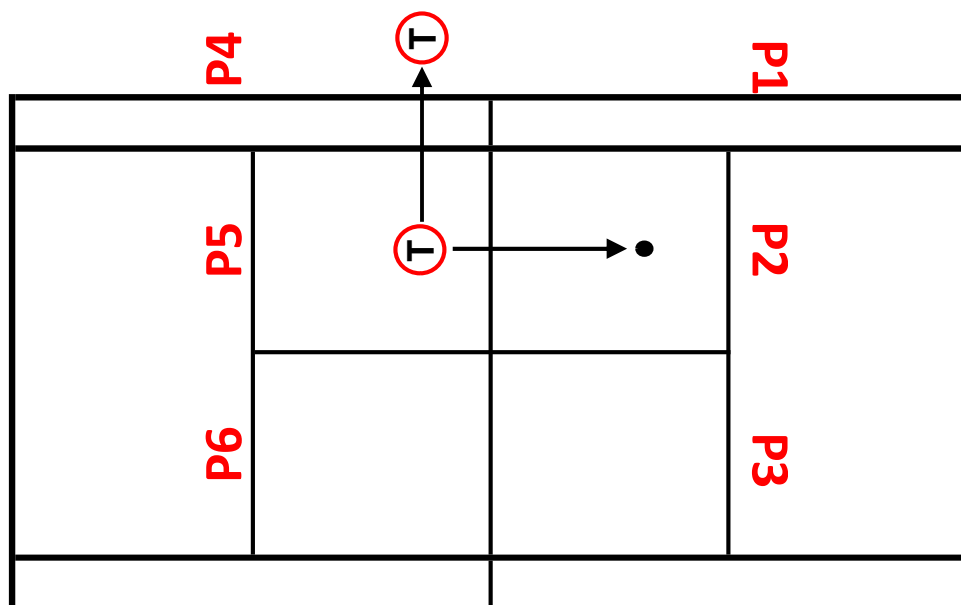


TIME : 20 minutes (LMM) – Forehand or backhand, receiving faster balls

TEACHING POINTS

Summary: Prepare the body (turn shoulders) and racket before the bounce and hit in front of the body.

EXERCISE



Feed: The teacher throws (Baseball throw) a faster ball (more direct trajectory, in the first window) towards the target on the ground to the forehand or to the backhand of P2.

Projection: Starting in waiting position, P2 hits the ball and P2-P3 play the point against P5-P6.

Mobility: At the end of the point, P1 goes to P2, P2 goes to P3 and P3 goes into the waiting zone to take over P1. P4, P5 et P6 do the same. So, P4 goes to P5, P5 goes to P6 et P6 goes to the waiting zone to take over P4.

Scoring system: The team who scores the more points in 5 minutes win.

Rotation: Switch roles after 5 minutes. Switch the teams after 10 minutes.