

COOPERATION, controlling the distance of the ball in order to improve consistency during the rallies

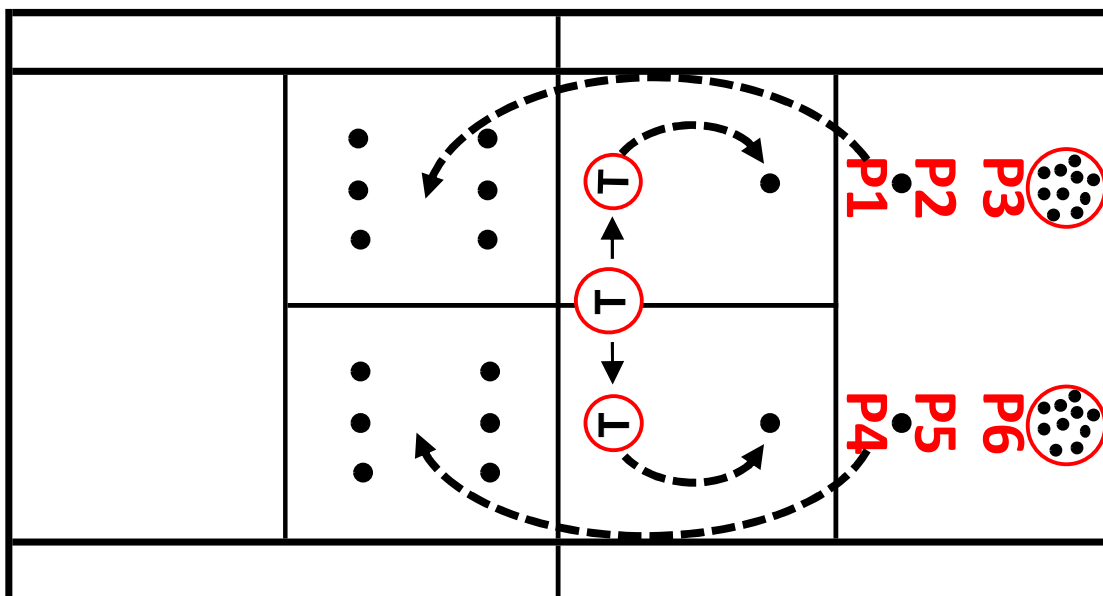


TIME: 20 minutes (LMM) – Forehand, backhand

TEACHING POINTS

Summary: *Keeping an arched ball and finding the right racket head speed in order to have the right distance.*

EXERCISE



Feed:	The teacher sends a ball on P1's forehand. After his feed to P1, the teacher does the same with P4.
Projection:	P1 sends the ball inside the target on the ground.
Mobility:	If P1 put its shot correctly in the target on the ground, he must take a new ball in the circle behind his line. If he misses, he must go retrieve his ball on the other side of the net and come back at the end of his line.
Scoring system:	The first team that empties the circle which contains 10 balls at the beginning of the game.
Rotation:	After 10 minutes, the shots will be done from the backhand and we change the trios.