

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

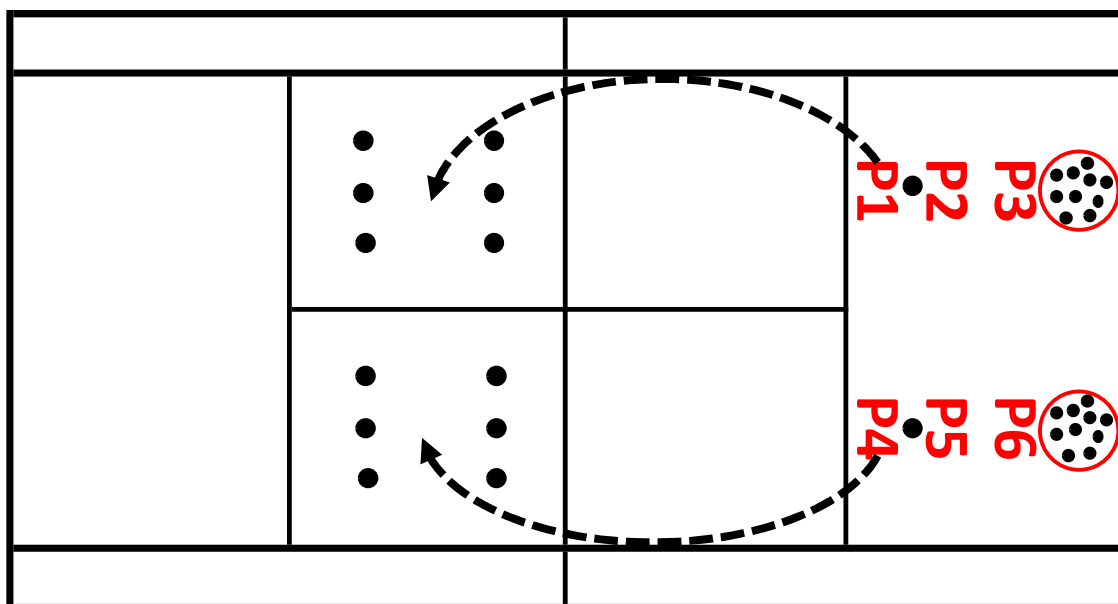


TIME: 20 minutes (LMM) – Forehand, backhand

TEACHING POINTS

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

EXERCISE



Feed: On the forehand position, P1 sends a ball in direction of the target on the ground. P4 does the same in direction of the target in front of him.

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.