

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

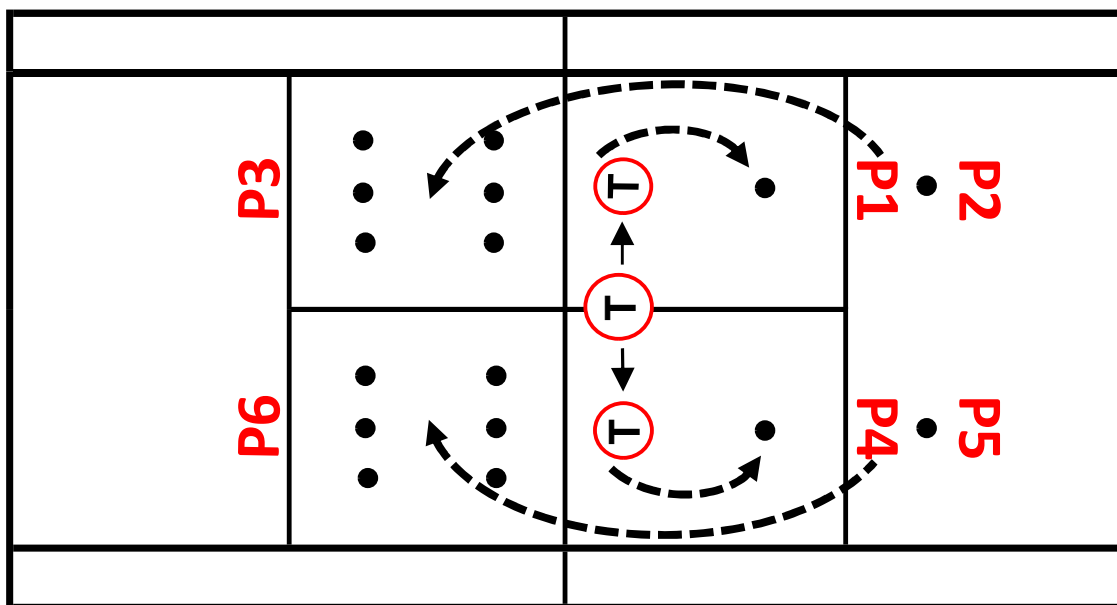


TIME: 20 minutes (LMM) – Forehand, backhand

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 or backhand. After that feed to P1, the teaching will feed to P4.

Projection: Starting from the waiting position, P1 returns the ball inside the target on the ground and P3 must catch the ball (after one bounce on the ground) in his hands or in a cone.

Mobility: After his shot, P1 must gives his place to P2.

Scoring system: The trio gets 1 point when the players succeed in their sequence (P1 hits the ball inside the target and P3 catches the ball). Game of 10 points.

Rotation: After 10 minutes, change the trios.