

**COOPERATION, learn to control the height to improve consistency during rallies**

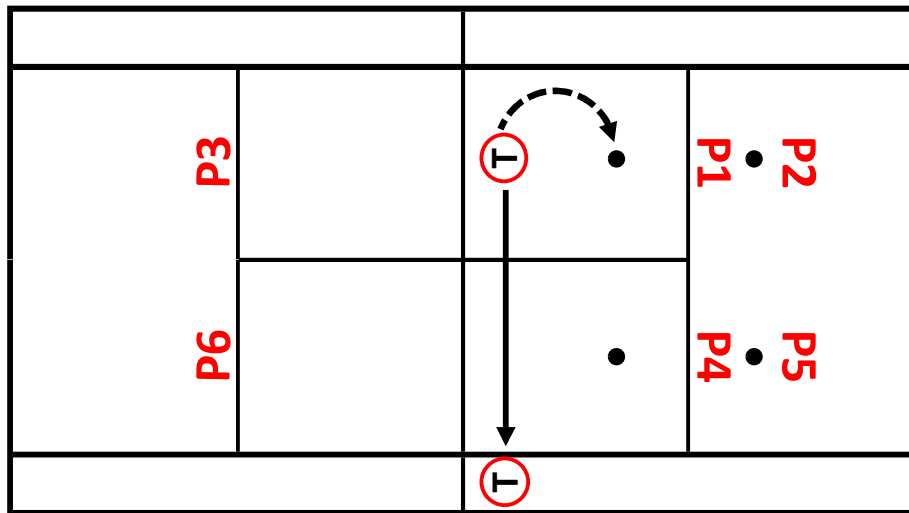


**TIME: 20 minutes (LMM) – Forehand, backhand**

**TEACHING POINTS**

**Summary:** Prepare the racquet (with the right grip at -1), hit the ball from low to high.

**EXERCISE**



**Feed:**

The teacher throws a ball to the forehand of P1. After the feed to P1, he will do the same to P4.

**Projection:**

P1 hits the ball into the second window then, P1-P4 play the point against P3-P6.

**Mobility:**

To play the point, P1 needs to hit the first ball into the second window. After the 2 points sequence (feed to P1 and feed to P2), P2-P5 take over P1-P4.

**Scoring system:**

The team that wins 2 points in a row, takes over the team that is alone.

**Rotation:**

After 10 minutes the teacher will feed to the backhand.