

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

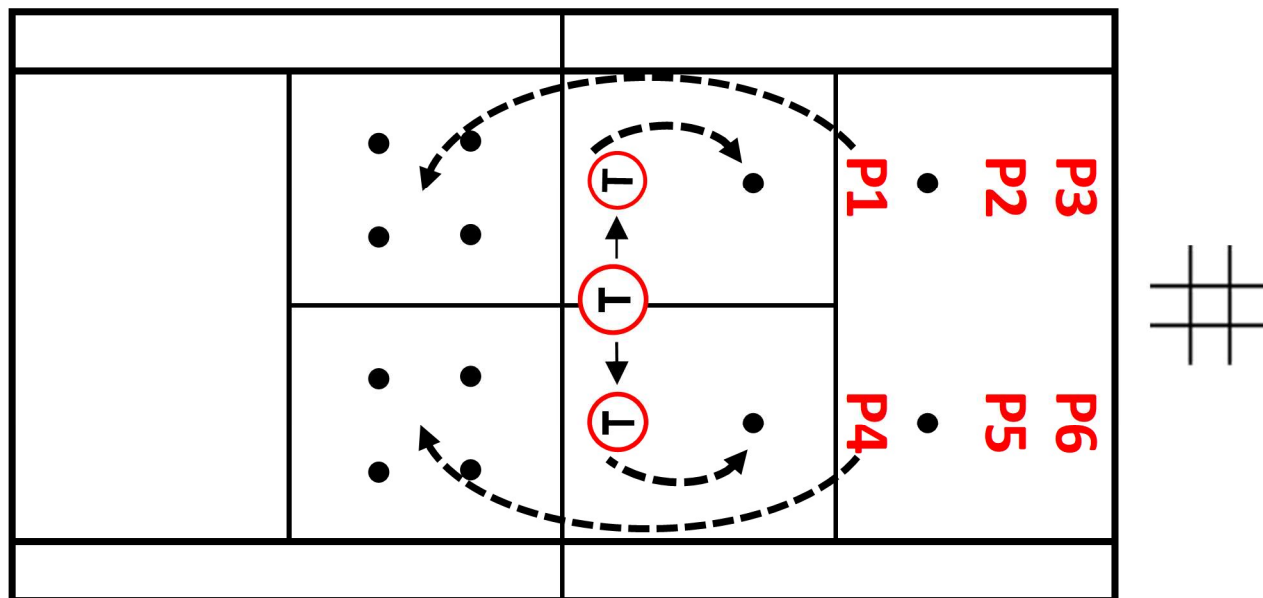


**TIME: 20 minutes (LMM) – Forehand or backhand**

**TEACHING POINTS**

**Summary:** *Prepare the racquet (with the right grip at 0), hit the ball from low to high.*

**EXERCISE**



<b>Feed:</b>	The teacher sends a ball to the forehand or backhand of P1. After sending it to P1, the teacher will do the same with P4.
<b>Projection:</b>	Starting on waiting position, P1 hits the ball into the second window towards the target in front of him.
<b>Mobility:</b>	When the players are able to hit the ball into the second window above the net, they take a ball and put it into the tic-tac-toe game just behind them. P1 team will use the red balls and P4 team will use the orange balls to play the tic-tac-toe game.
<b>Scoring system:</b>	The first team that gets a tic-tac-toe (full lane of red or orange balls) win.
<b>Rotation:</b>	After 10 minutes, change the teams.