

OPPOSITION, control the direction of the ball to make the opponent move left or right

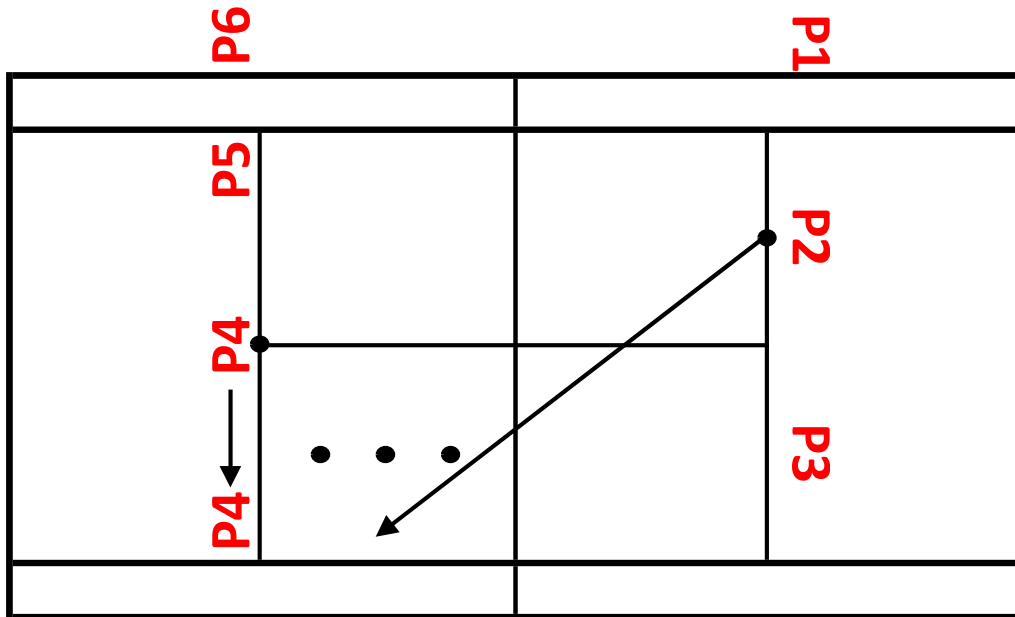


TIME: 20 minutes (LMM) – Forehand

TEACHING POINTS

Summary: *Position the feet and the shoulders towards the target and hit the ball (follow through.)*

EXERCISE



Feed:

Into forehand position, P2 hits a ball toward the target to the far right of P4.

Projection:

Starting on the target in the middle of the court, P4 moves and hits the ball back, then P2-P3 play the point against P4-P5.

Mobility:

P4 needs to wait for P2 to hit the ball to start moving towards it. At the end of the point, P1 takes over P2, P2 takes over P3 and P3 goes into the waiting zone outside the court. Same thing for P4, P5 and P6. So P6 takes over P5, P5 takes over P4 and P4 goes into the waiting zone outside the court.

Scoring system:

The team that makes the most points in 5 minutes.

Rotation:

Change the roles after 5 minutes, change the teams after 10 minutes.