

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

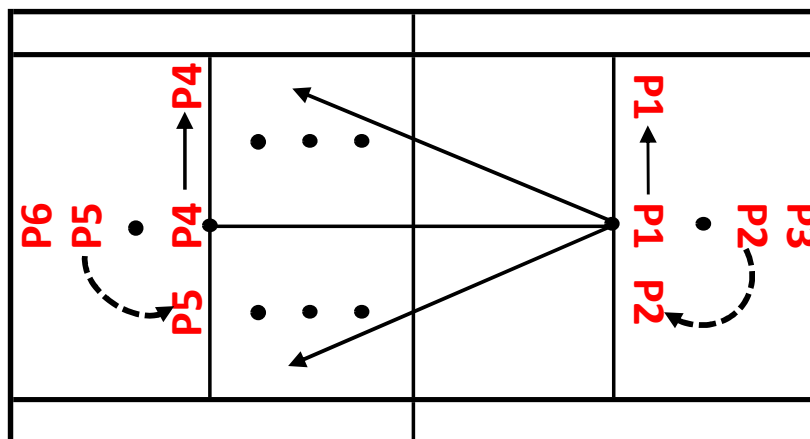


TIME: 20 minutes (LMM) – Backhand

TEACHING POINTS

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

EXERCISE



Feed: Into backhand position, starting in the middle of the court, P1 hits a ball to the far left or 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: After the ball has been put into play, P1 needs to go to the same side as where the ball landed, if P1 went right, then P2 needs to go left so they can play the point. From P4, P5 and P6 perspective, if P4 receive the ball on his left, P5 needs to go to the right side to play the point against P1-P2.

At the end of the point, P2 takes over P1, P3 takes over P2 and P1 goes at the end of the line behind P3. Same thing for P4, P5 and P6. So P5 takes over P4, P6 takes over P5 and P4 goes at the end of the line behind P6.

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.