

COOPERATION, learn to control the direction of the ball to improve consistency during rallies

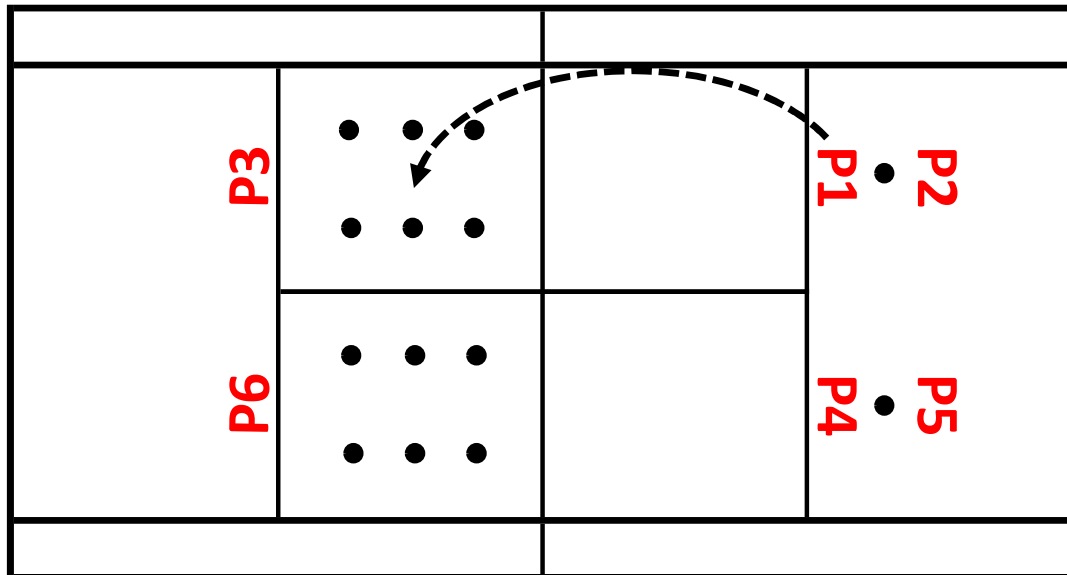


TIME: 20 minutes (LMM) – Forehand, backhand

TEACHING POINTS

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

EXERCISE



Feed: Starting in forehand position, P1 hits a ball towards the target in front of him. (To P3). At the end of the point, P4 does the same towards P6.

Projection: P3 hits the ball and P3-P6 play the point against P1-P4.

Mobility: To play the point, P1 needs to hit inside the target in front of him. After the 2 points sequence (feed from P1 and feed from 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.