

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

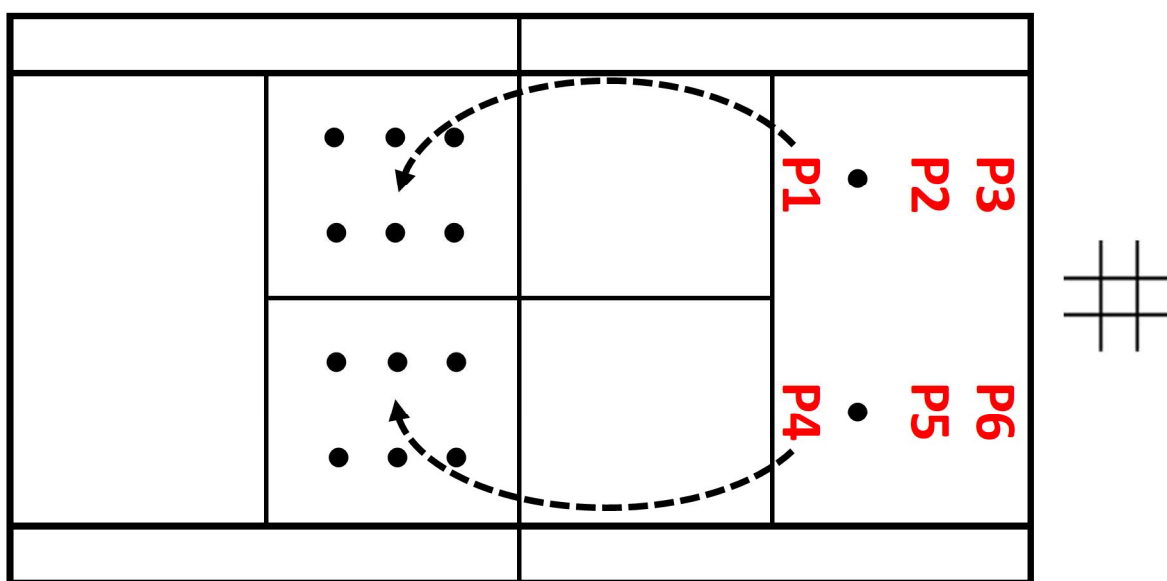


TIME: 20 minutes (LMM) – Forehand, backhand

TEACHING POINTS

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

EXERCIE



Feed:	In forehand position, P1 hits a ball towards the target on the ground in front of him, P4 does the same towards the target in front of him.
Mobility:	When the players hit the ball inside the target, they take a ball and put it into the tic-tac-to game just behind them. P1 team will use the red balls and P4 team will use the orange balls to play the tic-tac-to game.
Scoring system:	The first team that gets a tic-tac-to (full lane of red or orange balls) win.
Rotation:	After 10 minutes, the players will feed with the backhand. Change the teams.