

COOPERATION, control the height on the forehand and the backhand to promote consistency during the rallies



TIME: 10 minutes (LM, LMM) – Forehand

TEACHING POINTS

A) Preparation:

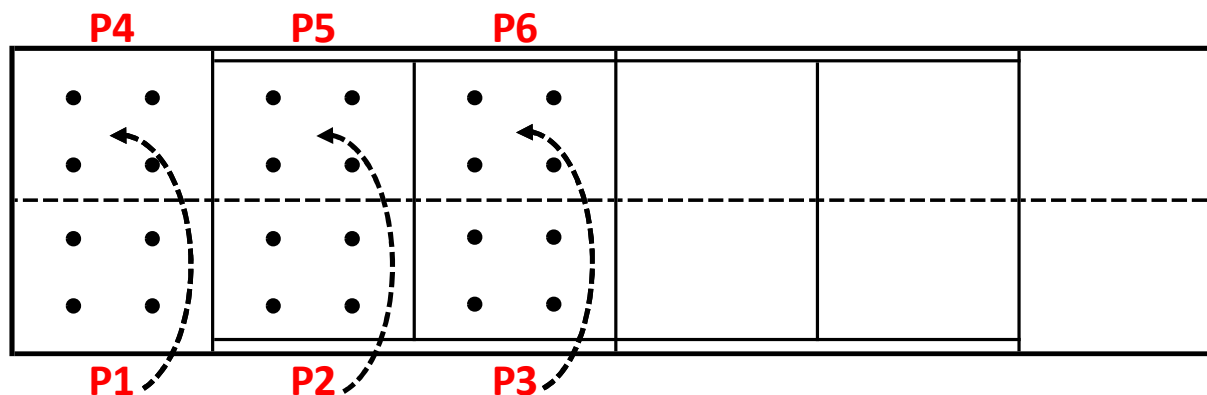
- Continental grip on the forehand and semi-eastern grip on the backhand (eastern for the 2nd hand). These grips will favor an open (vertical) racket face angle at impact, which will favor balls with arched trajectories;
- Amplitude at -1.

B) The Shot:

- Racket trajectory from low to high.

Summary: Prepare the racket (with the right grip at -1) and hit the ball from low to high.

EXERCISE



Feed:

In a forehand position, P1 hits an arched ball (2nd window) towards the ground target.

Projection:

In the waiting position, P4 must prepare the body (turn shoulders) and racket (with the right grip at -1) before the ball bounces and plays the point against P1.

Mobility:

In order to play the point, P1 must have feed in the 2nd window.

Scoring system:

The player who makes the most points in 5 minutes.

Rotation:

Switch partners and roles after 5 minutes.

Considerations (if needed):

- During feed and rallies, educate students of hitting the ball with their body (hips and shoulders rotation) and also, hit the ball in the point of impact comfort zone;
- The grip influences the angle of the racket face at impact so the grip will be an important element in controlling the height;
- You can use a string to establish the 2nd window height;
- Even though the goal is height, the ground target is a reminder to students that this is the ideal area to encourage cooperation.