

ADAPTATION, learn to defend against fast balls



TIME: 9 minutes – Backhand, receiving faster balls

TEACHING POINTS

A) Preparation:

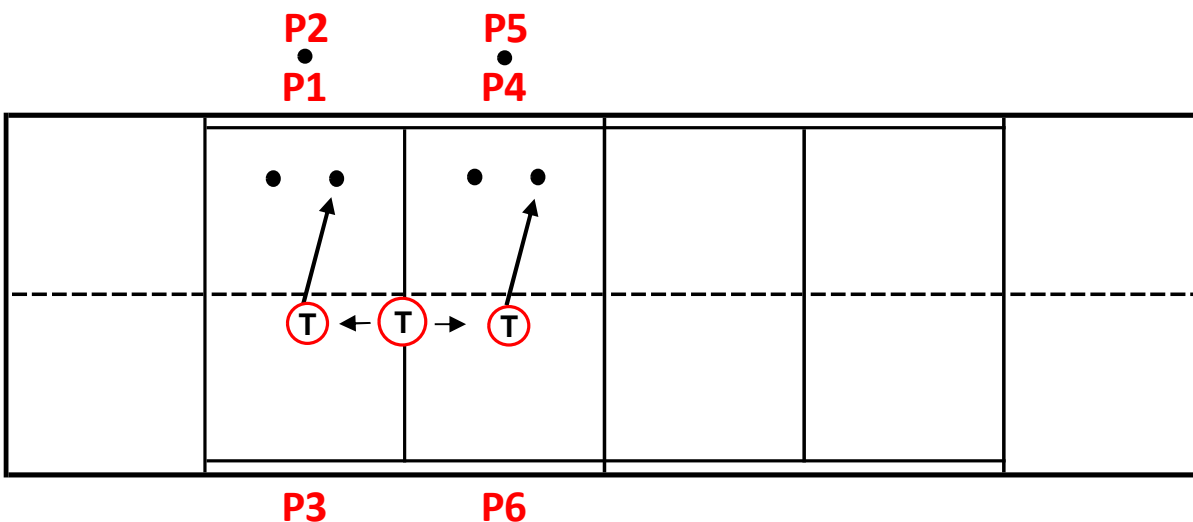
- Prepare body (unit turn) and racket (-1) before the ball bounces.

B) The Shot:

- Point of impact (horizontal) in front of the body.

Summary: *Prepare body (turn shoulders) and racket (-1) before the ball bounces and hit the ball in front of the body.*

EXERCISE



Feed:

The teacher sends (over the head like a baseball pitcher) a faster ball (direct trajectory therefore, 1st window) towards the target on the ground on P1's backhand.

Projection:

In the waiting position, P1 returns the ball and plays the point against P3.

Mobility:

In order to play the point, P1 must prepare his body (turn shoulders) and racket (-1) before the ball bounces. At the end of the point P1 gives his spot to P2.

Scoring system:

The player who scores the most points in 3 minutes.

Rotation:

Switch roles every 3 minutes.

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TIME: 9 minutes (LMM) – Backhand, receiving faster balls

TEACHING POINTS

A) Preparation:

- Prepare body (unit turn) and racket (-1) before the ball bounces.

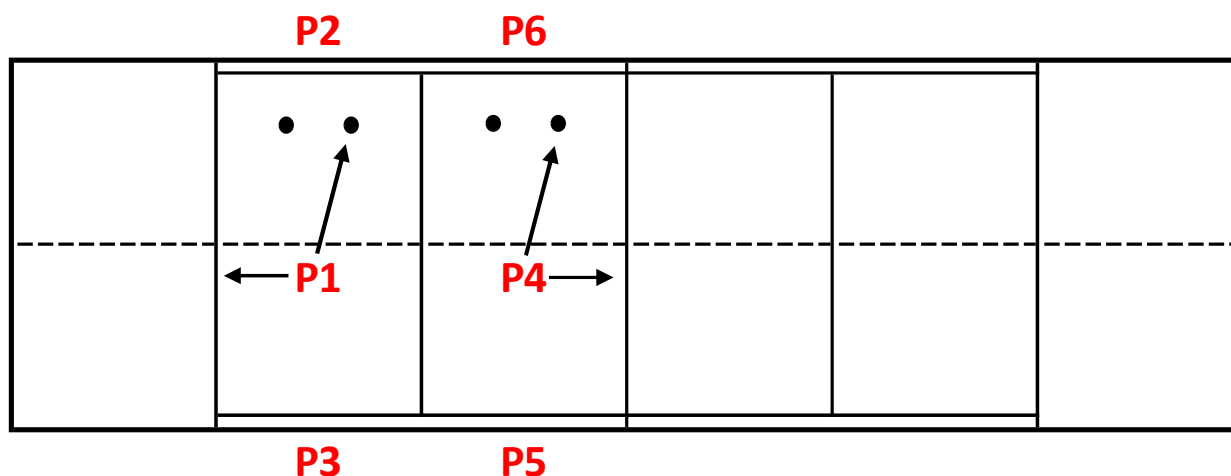
B) The Shot:

- Point of impact (horizontal) in front of the body.

Summary:

Prepare body (turn shoulders) and racket (-1) before the ball bounces and hit the ball in front of the body.

EXERCISE



Feed:

P1 sends (over the head like a baseball pitcher) a faster ball (direct trajectory therefore, 1st window) to the ground target on P2's backhand.

Projection:

In the waiting position, P2 returns the ball and plays the point against P3.

Mobility:

In order to play the point, P2 must prepare his body (turn shoulders) and racket (-1) before the ball bounces.

Scoring system:

The player who scores the most points in 3 minutes.

Rotation:

Switch roles every 3 minutes.