

**ADAPTATION, learn to defend against fast balls**



**TIME: 12 minutes - Forehand or backhand, receiving faster balls (more direct trajectory)**

**TEACHING POINTS**

**A) Preparation:**

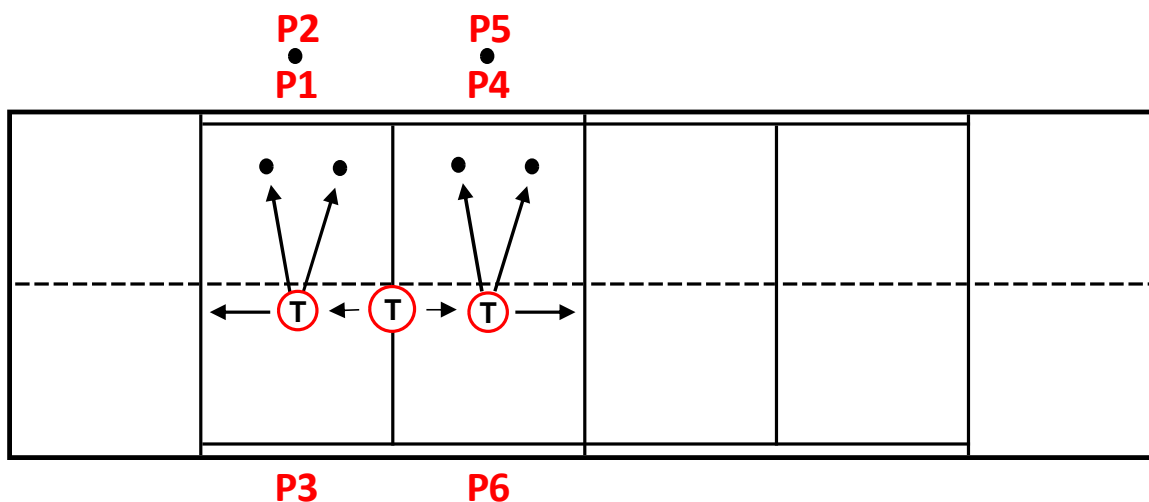
- Prepare body (unit turn) and racket (-1) before the ball bounces.

**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, 1<sup>st</sup> window) towards the target on the ground on P1's forehand or backhand.

**Projection:**

P1 returns the ball and plays the point against P3.

**Mobility:**

In order to play the point, P1 must identify the forehand or backhand 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 4 minutes.

**Rotation:**

Switch roles every 4 minutes.

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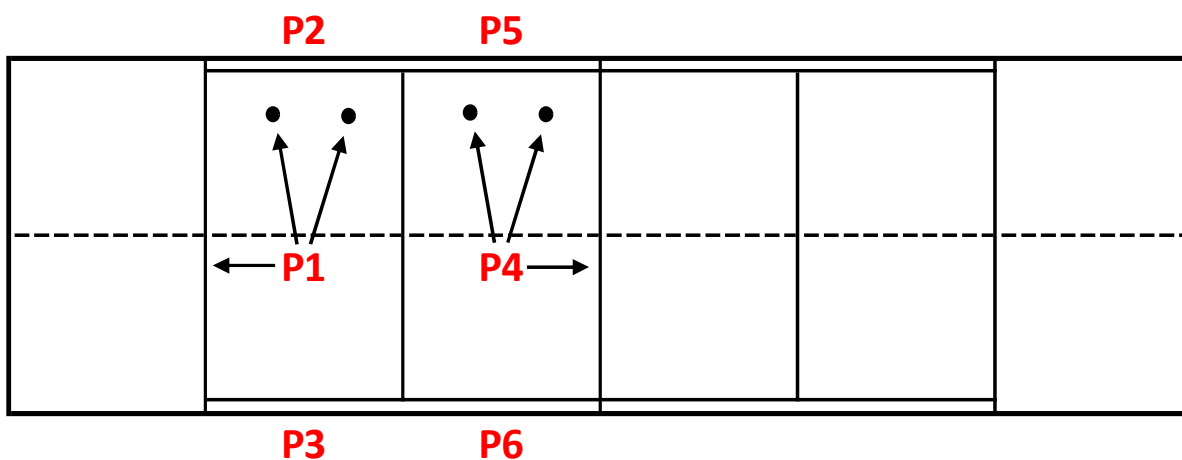
**B) The Shot :**

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**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, 1<sup>st</sup> window) to the ground target on P2's forehand or backhand.

**Projection:**

P2 returns the ball and plays the point against P3.

**Mobility:**

In order to play the point, P2 must identify the forehand or backhand before the ball bounces.

**Scoring system:**

The player who scores the most points in 4 minutes.

**Rotation:**

Switch roles every 4 minutes.