

**ADAPTATION, receive different types of balls (pace, directions and distances) to improve defence against them**



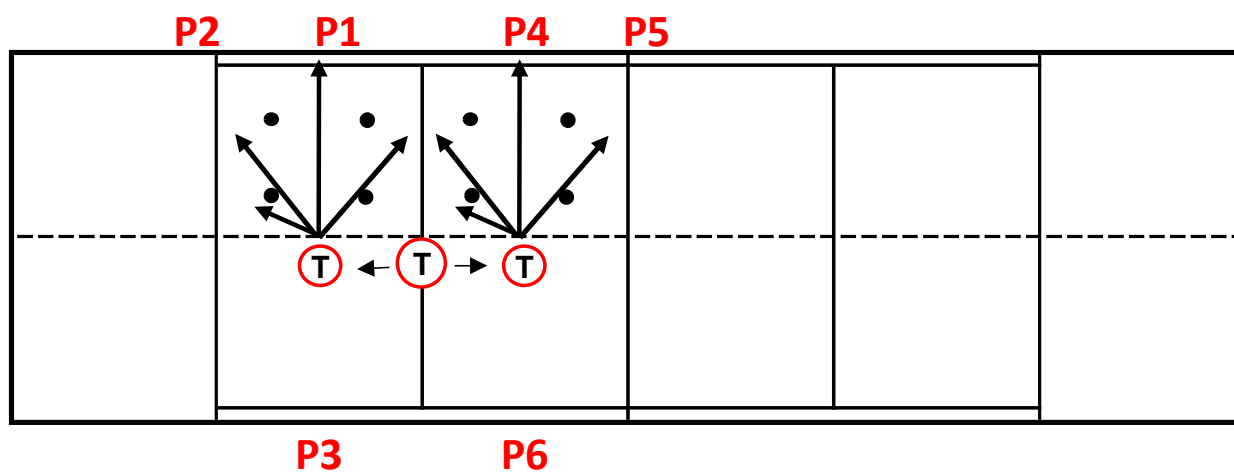
**TIME: 15 minutes – Prepare, position, hit**

**TEACHING POINTS**

- |                        |   |
|------------------------|---|
| <b>A) Preparation:</b> | <ul style="list-style-type: none"> <li>Prepare body (unit turn) and racket (-1) before the ball bounces.</li> </ul> |
| <b>B) Positioning:</b> | <ul style="list-style-type: none"> <li>Move and setup towards the ball.</li> </ul>                                  |
| <b>C) The Shot:</b>    | <ul style="list-style-type: none"> <li>Hit the ball in the point of impact comfort zone.</li> </ul>                 |

**Summary:** *Prepare, position and hit.*

**EXERCISE**



- |                        |   |
|------------------------|---|
| <b>Feed:</b>           | The teacher sends (over the head like a baseball pitcher) a ball outside the target area to P1.   |
| <b>Projection:</b>     | P1 returns the ball in the 2 <sup>nd</sup> window and continues the rally with P3.  |
| <b>Mobility:</b>       | With each shot in the rally, players must identify the steps in the execution of the shot (prepare in preparation, position when positioning, hit when hitting the ball). At the end of the rally, P1 gives his spot to P2. |
| <b>Scoring system:</b> | Each rally of 6 consecutive shots gives 1 point to the team. The team that makes the most points in 5 minutes.  |
| <b>Rotation:</b>       | Switch roles every 5 minutes.   |

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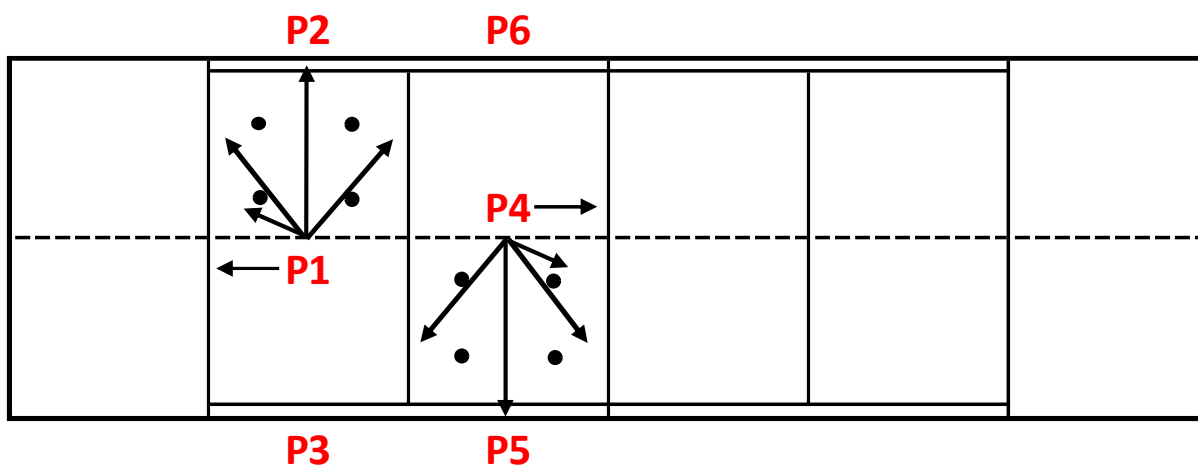
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- |                        |   |
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| <b>A) Preparation:</b> | <ul style="list-style-type: none"> <li>Prepare body (unit turn) and racket (-1) before the ball bounces.</li> </ul> |
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**Summary:** *Prepare, position and hit.*

**EXERCISE**



- |                        |   |
|------------------------|---|
| <b>Feed:</b>           | P1 sends (over the head as a baseball pitcher) a ball outside the target area to P2.  |
| <b>Projection:</b>     | P2 returns the ball in the 2 <sup>nd</sup> window and continues the rally with P3.  |
| <b>Mobility:</b>       | With each shot in the rally, players must identify the steps in the execution of the shot (prepare in preparation, position when positioning, hit when hitting the ball). |
| <b>Scoring system:</b> | Each rally of 6 consecutive shots gives 1 point to the team. The team that makes the most points in 5 minutes.  |
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