

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



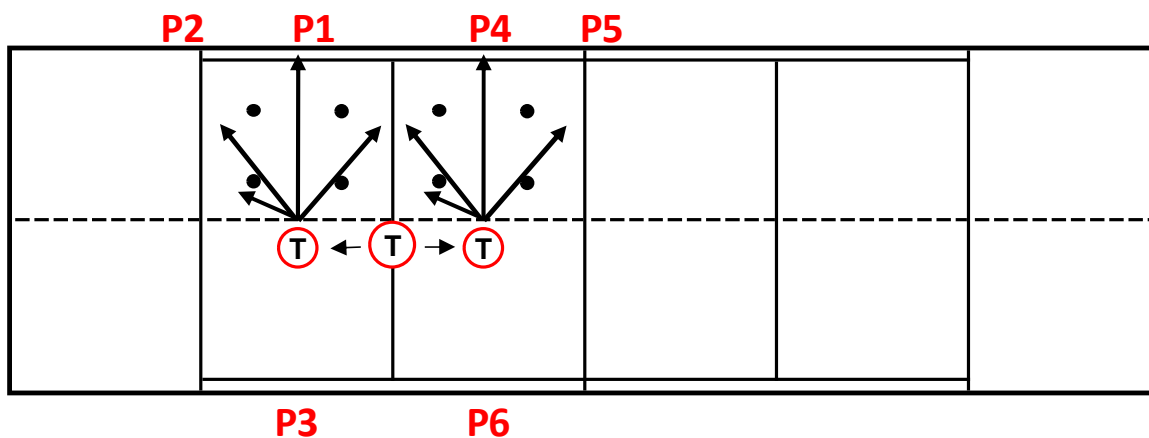
TIME: 15 minutes – Receiving balls of different speeds, distances and directions

TEACHING POINTS

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

Summary: Prepare body (turn shoulders) and racket (-1), position yourself and hit the ball in the comfort zone.

EXERCISE



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|------------------------|---|
| Feed: | The teacher sends (over the head like a baseball pitcher) a ball out of the center area (target box) to P1. |
| Projection: | P1 returns the ball and plays the point against P3. |
| Mobility: | At the end of the point, P1 gives his spot to P2. |
| Scoring system: | The player who scores the most points in 5 minutes. |
| Rotation: | Switch roles every 5 minutes. |

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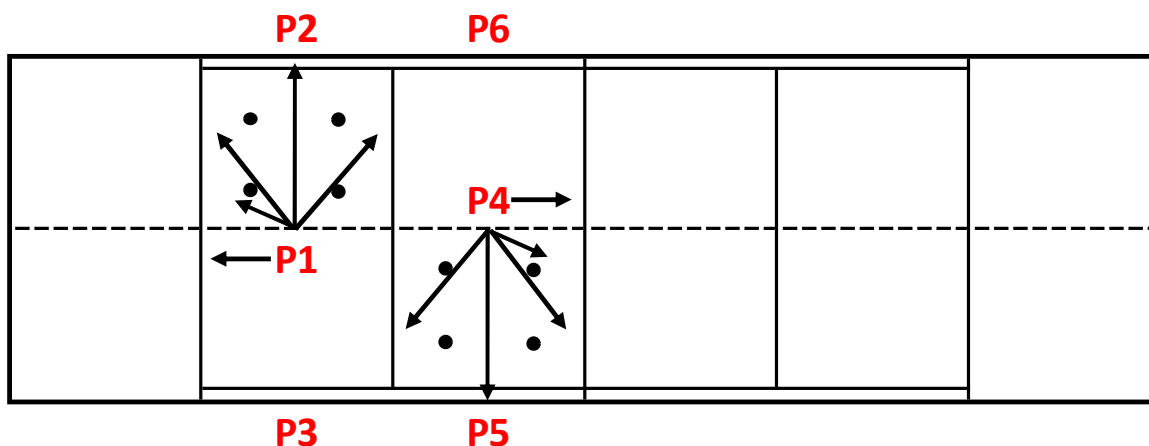
TIME: 15 minutes (LMM) – Receiving balls of different speeds, distances and directions

TEACHING POINTS

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

Summary: Prepare body (turn shoulders) and racket (-1), position yourself and hit the ball in the comfort zone.

EXERCISE



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|------------------------|--|
| Feed: | P1 throws (over the head like a baseball pitcher) a ball outside the center area (target box) to P2. |
| Projection: | P2 returns the ball and plays the point against P3. |
| Scoring system: | The player who scores the most points in 5 minutes. |
| Rotation: | Switch roles every 5 minutes. |