

ADAPTATION, receive balls from different distances and directions to improve movements



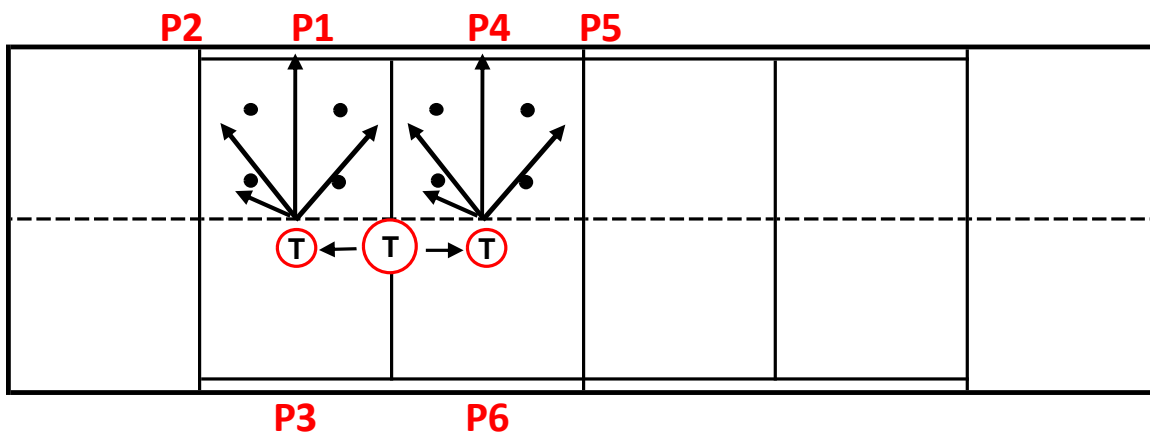
TIME: 15 minutes (LMM) – Prepare, move, hit

TEACHING POINTS

- | | |
|------------------------|--|
| A) Preparation: | <ul style="list-style-type: none"> Prepare the body (unit turn) and racket (-1) before the ball bounces. |
| B) Positioning: | <ul style="list-style-type: none"> Move and position at the ball. |
| C) The Shot: | <ul style="list-style-type: none"> Hit the ball with the body (hips and shoulders rotation); Hit the ball within the comfort zone. |

Summary: *Prepare, setup and hit the ball with the body (hips and shoulders rotation) in the comfort zone the impact point.*

EXERCISE



Feed: The teacher sends an arched ball (overhead throw as a baseball pitcher) outside the target area at P1.

Projection: P1 returns the ball in the 2nd window and continues the rally with P3.

Mobility: With each shot in the rally, players must identify the steps in the execution of the shot (prepare when they prepare, position when they position and hit when they hit the ball).

Scoring system:

- Option n° 1: none.
- Option n° 2: each rally of 6 consecutive shots gives 1 point to the team. The team that makes the most points in 5 minutes.

Rotation: Switch roles every 5 minutes.

Considerations (if needed):

- Emphasize the sequence of execution of the stroke. Prepare, position and hit.

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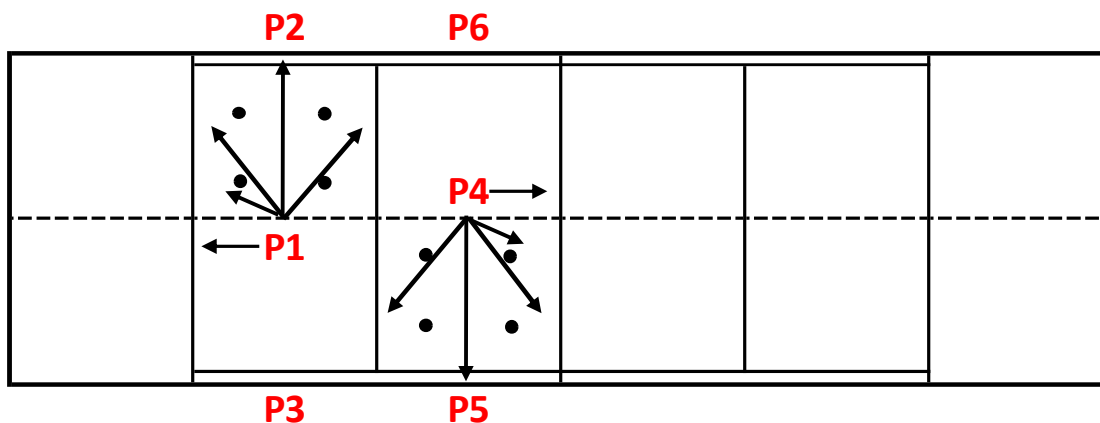
TIME: 15 minutes (LMM) – Prepare, move, hit

TEACHING POINTS

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|------------------------|--|
| A) Preparation: | <ul style="list-style-type: none"> Prepare the body (unit turn) and racket (-1) before the ball bounces. |
| B) Positioning: | <ul style="list-style-type: none"> Move and position at the ball. |
| C) The Shot: | <ul style="list-style-type: none"> Hit the ball with the body (hips and shoulders rotation); Hit the ball within the comfort zone. |

Summary: *Prepare, setup and hit the ball with the body (hips and shoulders rotation) in the comfort zone the impact point.*

EXERCISE



Feed: P1 throws 1 arched ball (overhead throw as a baseball pitcher) outside the target area to P2.

Projection: P2 returns the ball in the 2nd window and continues the rally with P3.

Mobility: With each shot in the rally, players must identify the steps in the execution of the shot (prepare when they prepare, position when they position and hit when they hit the ball).

Scoring system:

- Option n° 1: none.
- Option n° 2: each rally of 6 consecutive shots gives 1 point to the team. The team that makes the most points in 5 minutes.

Rotation: Switch roles every 5 minutes.

Considerations (if needed):

- Emphasize the sequence of execution of the stroke. Prepare, position and hit.