

OPPOSITION, control the direction to make to opponent move lateraly



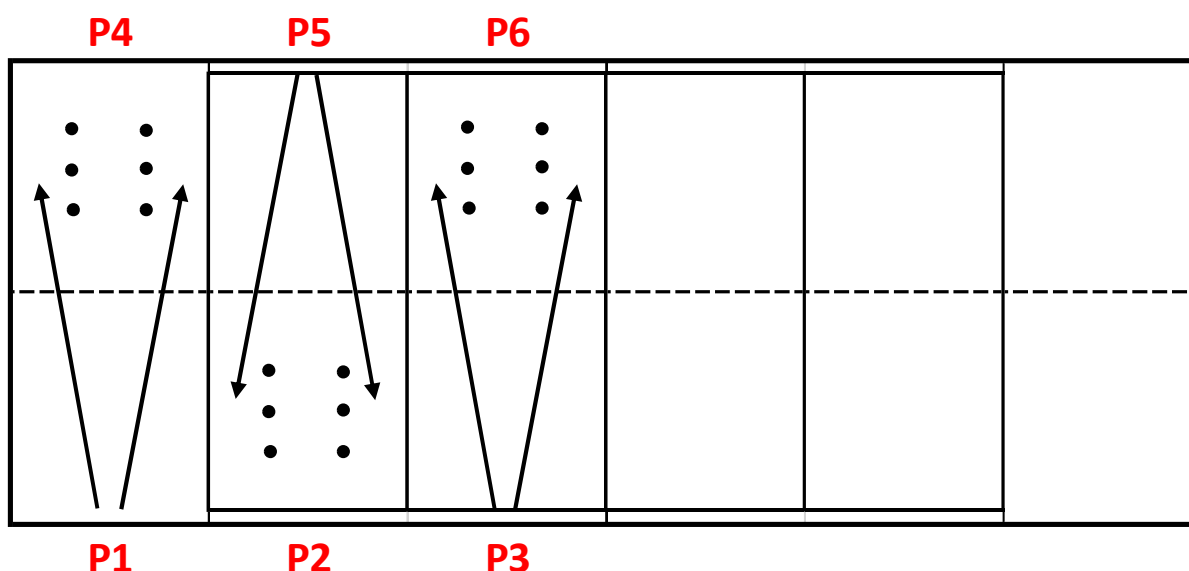
TIME: 15 minutes (LMM) – Forehand

TEACHING POINTS

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|------------------------|---|
| 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"> • Place the feet and shoulders in the direction of the target. |
| C) The Shot: | <ul style="list-style-type: none"> • Hit with the body (hips and shoulders rotation); • Trajectory of the racket towards the target (hitting zone). |

Summary: *Place your feet and shoulders in the direction of the target and hit the ball with the participation of your body (hips and shoulders rotation) and the racket in the direction of the target (hitting zone).*

EXERCISE



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|------------------------|---|
| Feed: | In the forehand position, P1 must feed outside the center area. |
| Projection: | Starting in the waiting position, P4 returns the ball and plays the point against P1. |
| Mobility: | In order to play the point, P1 must hit the 1 st ball out of the center area and P4 must (on the 1 st ball received) identify forehand or backhand before the ball bounces. |
| Scoring system: | The player who scores the most points in 5 minutes. |
| Rotation: | Switch roles and opponents every 5 minutes. |