

TACTICAL, knowing how to attack or defend against balls from different distances

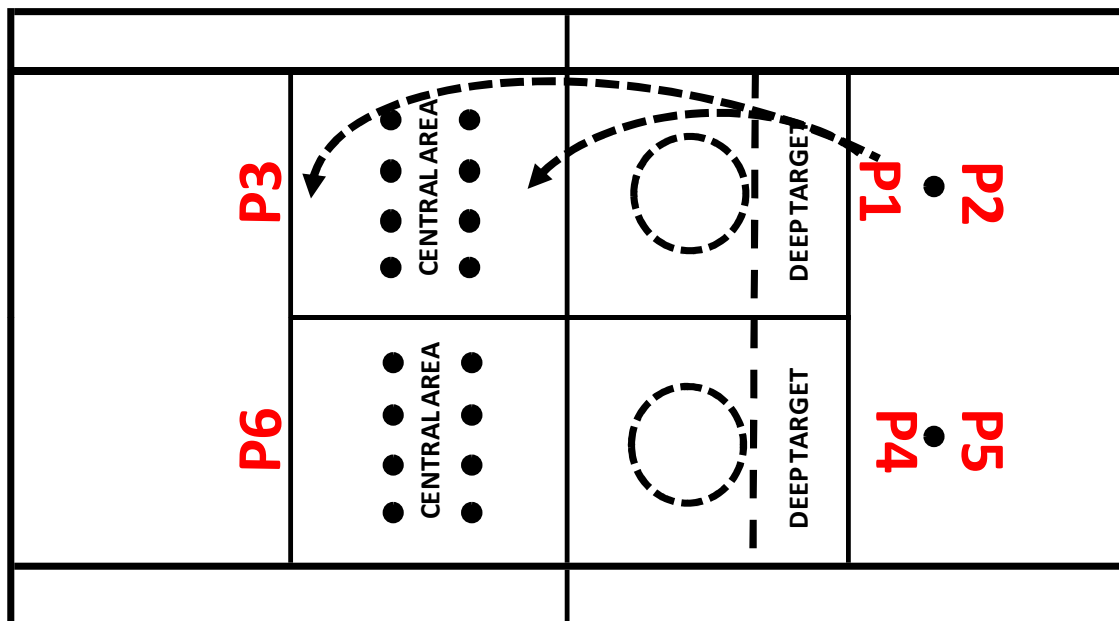


TIME: 20 minutes (LMM) – Forehand or backhand

TEACHING POINTS

Summary: *Deep ball = red ball (defensive, return ball high and deep in the center of the court). Short ball = green ball (attack, make the opponent move).*

EXERCISE



Feed: Into forehand position, P1 hits a short or deep ball towards P3. P4 will do the same towards P6.

Projection: P3 hits the ball back outside the circle (if it is a short ball) or inside the deep target (if it is a deep ball) and play the point against P1.

Mobility: To be allowed to play the point, P1 needs to put the ball into play outside the central zone and P3 needs to (depending on the ball received) hit the ball (the first one) inside the right target. At the end of the point P2 takes over P1.

Scoring system: The first player between P1 and P2 that wins 3 points takes over P3.

Rotation: After 10 minutes, players will feed from the backhand.