

COOPERATION, develop forehand and backhand basic skills to improve consistency during rallies



TIME: 9 minutes (AB) – Forehand

TEACHING POINTS

A) Preparation:

- Waiting position (racket centered at 45 degrees);
- Prepare the body (unit turn) and racket (-1 with the right grip).

Forehand: continental grip.

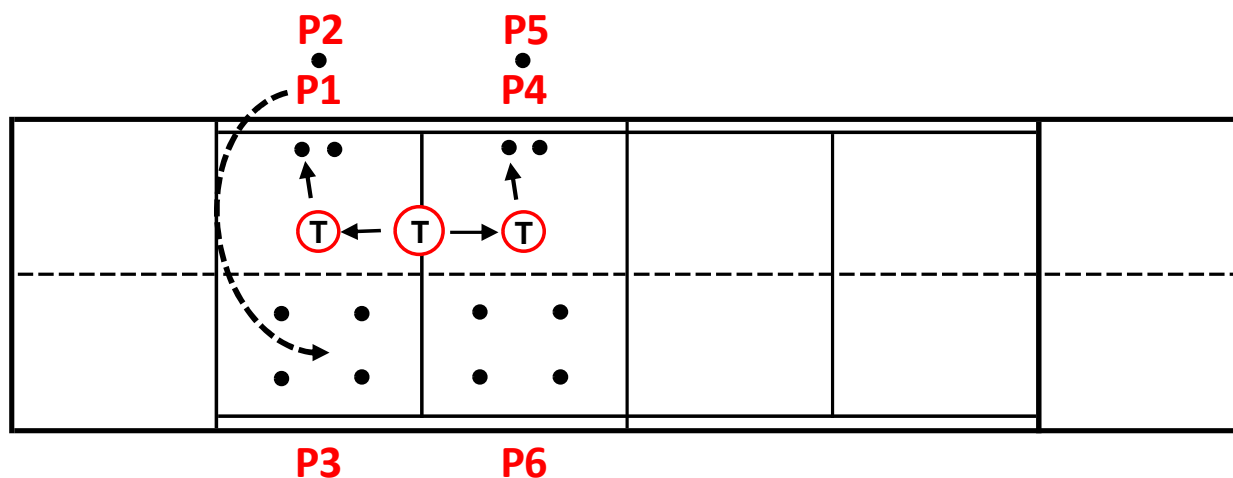
Backhand: semi-eastern grip and eastern for the second hand.

B) Execution:

- Hit with the body (hips and shoulders rotation);
- Racket path, low to high, towards the target (hitting zone).

Summary: Prepare the body (shoulder turn) and racket (with the right grip at -1), hit the ball with the participation of the body (hips and shoulders rotation).

EXERCISE



Feed:

The teacher throws a ball with an arched trajectory towards the target on the ground at P1's forehand.

Projection:

In the waiting position, P1 returns the ball inside the ground target and continues the rally with P3.

Mobility:

In order to continue the rally, P1 must (on the first ball received) prepare his body (turn shoulders) and racket (with the right grip at -1) before the ball bounces and hit the ball inside the target on the ground. At the end of the rally, P1 gives his spot to P2.

Rotation:

Switch roles every 3 minutes.

Considerations (if needed):

- Educate students to hit the ball within the comfort zone of the point of impact.

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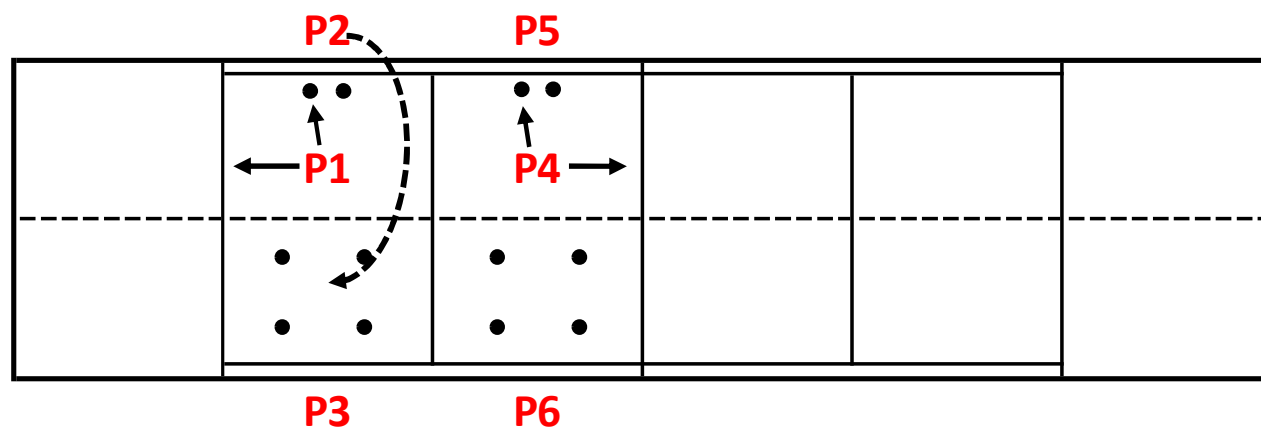
TIME: 9 minutes (LM) – Forehand

TEACHING POINTS

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| A) Preparation: | <ul style="list-style-type: none"> • Waiting position (racket centered at 45 degrees); • Prepare the body (unit turn) and racket (-1 with the right grip). <p>Forehand: continental grip. Backhand: semi-eastern grip and eastern for the second hand.</p> |
| B) The shot: | <ul style="list-style-type: none"> • Hit with the body (hips and shoulders rotation); • Racket path, low to high, towards the target (hitting zone). |

Summary: *Prepare the body (shoulder turn) and racket (with the right grip at -1), hit the ball with the participation of the body (hips and shoulders rotation).*

EXERCISE



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| Feed: | P1 throws a ball with an arched trajectory toward the ground target on P2's forehand. After the ball is thrown, P1 must move out of the court. |
| Projection: | In the waiting position, P2 returns the ball inside the ground target and continues the rally with P3. |
| Mobility: | In order to continue the rally, P2 must (on the first ball received) prepare his body (turn shoulders) and racket (with right grip at -1) before the ball bounces and hit the ball inside the ground target. |
| Rotation: | Switch roles every 3 minutes. |

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| Considerations (if needed): | <ul style="list-style-type: none"> • Educate students to hit the ball within the point of impact comfort zone. |
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