

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



TIME: 12 minutes (ABC) – Forehand and backhand, automating

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.

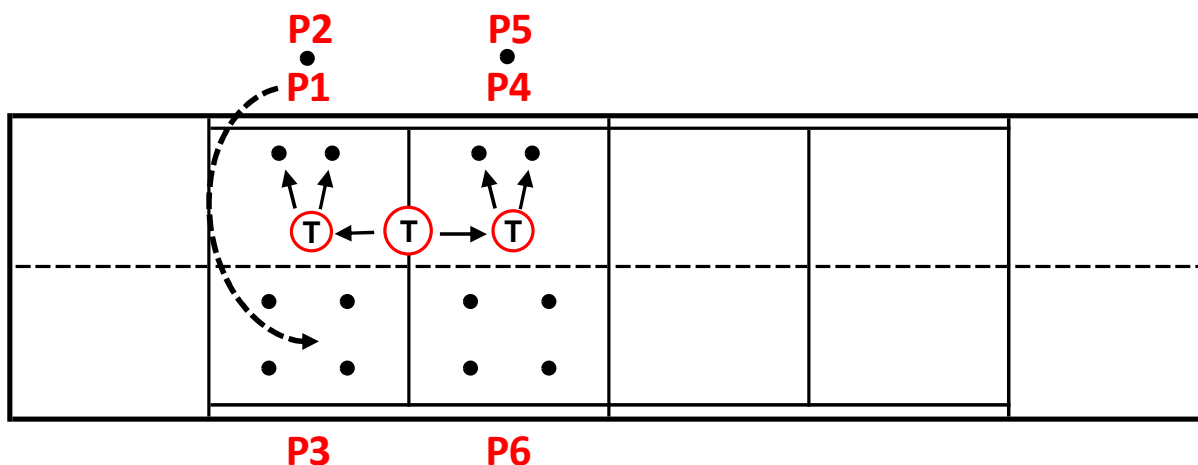
B) The Shot:

- 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 an arched ball to P1's forehand or backhand.

Projection:

In the waiting position, P1 returns the ball and plays the point against P3.

Mobility:

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

Scoring system:

The player who scores the most points in 4 minutes.

Rotation:

Switch roles every 4 minutes.

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



TIME: 12 minutes (LMM) – Forehand and backhand, automating

TEACHING POINTS

A) Preparation:

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

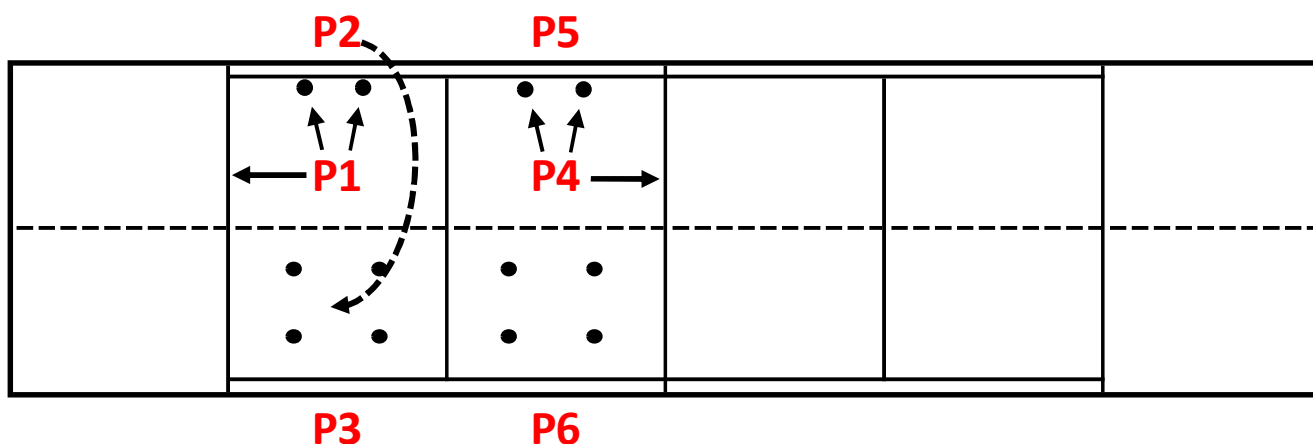
Forehand: continental grip.
Backhand: semi-eastern grip and eastern for the second hand.

B) The Shot:

- 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:

P1 throws an arched ball to P2's forehand or backhand.

Projection:

In the waiting position, P2 returns the ball and plays the point against P3.

Mobility:

In order to play the point, 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.

Scoring system:

The player who scores the most points in 4 minutes.

Rotation:

Switch roles every 4 minutes.