

**COOPERATION, learn to control the direction of the ball to improve consistency during rallies**

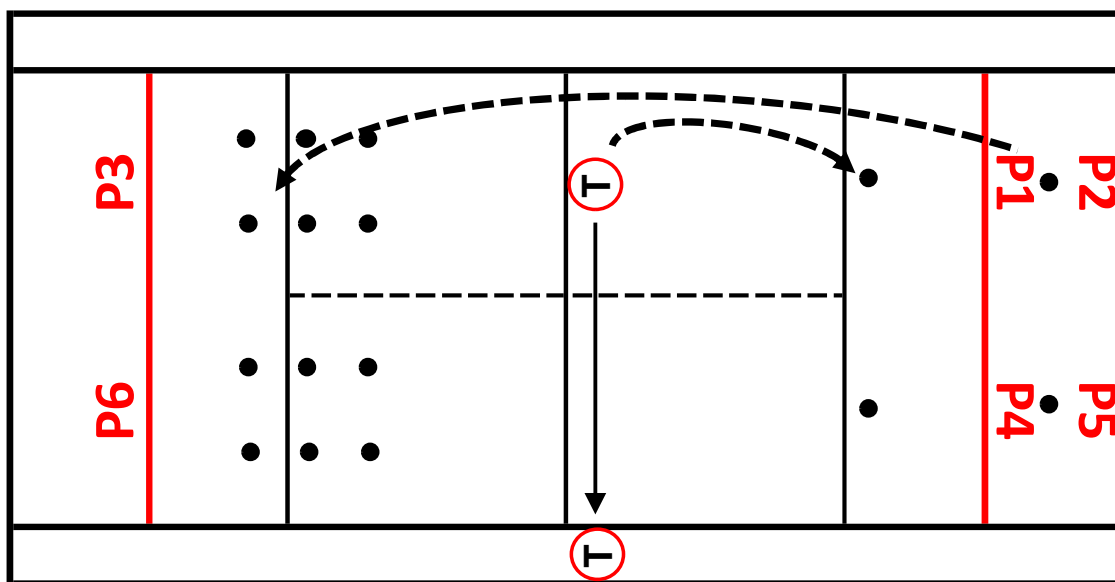


**TIME: 20 minutes (LMM) – Forehand, backhand**

**TEACHING POINTS**

**Summary:** *Position both feet and shoulders towards the ball and hit towards the target (follow through).*

**EXERCISE**



<b>Feed:</b>	The teacher throws a ball to the forehand of P1. After the feed to P1, he will do the same to P4.
<b>Projection:</b>	P1 hits the ball inside the target located in front of him and P1-P4 play the point against P3-P6.
<b>Mobility:</b>	To play the point, P1 needs to hit the feed inside the target. After the 2 points sequence (feed to P1 and feed to P2), P2-P5 take over P1-P4.
<b>Scoring system:</b>	The team that wins 2 points in a row, takes over the team that is alone.
<b>Rotation:</b>	After 10 minutes the teacher will feed to the backhand.