

**TACTICAL, on the reception of a far away ball (easy), play the ball crosscourt to make the opponent move**

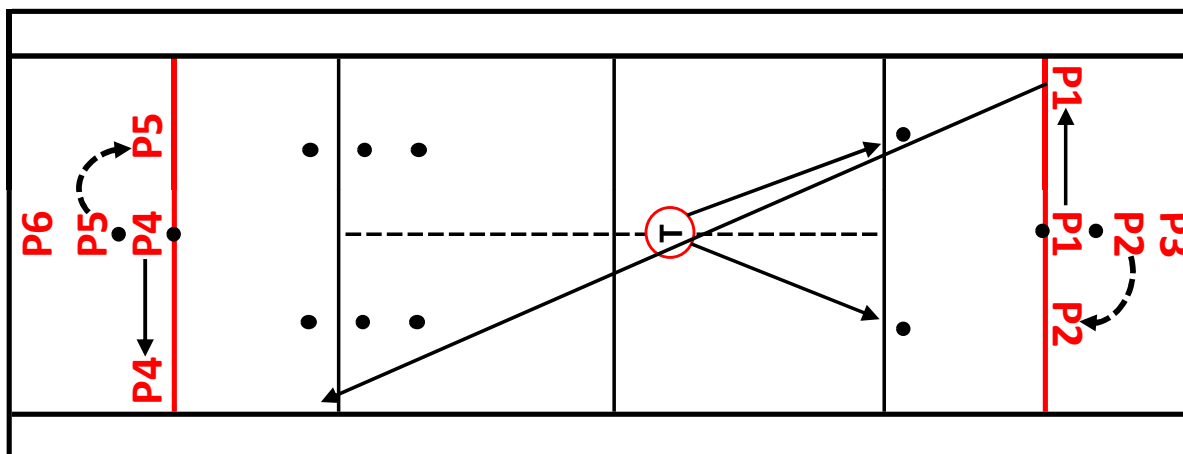


**TIME: 20 minutes (LMM) – Far right or far left balls**

**TEACHING POINTS**

**Summary:** Prepare the body (shoulder rotation) and racquet, get into position and hit the ball towards the target (hitting zone).

**EXERCISE**



<b>Feed:</b>	The teacher throws a ball (easy) to the far right or to the far left of P1.
<b>Projection:</b>	Starting in waiting position from the target on the ground (in the middle), P1 moves, hits the ball towards the target and P1-P2 play the point against P5-P6.
<b>Mobility:</b>	<p>From his starting position, P4 needs to wait for P1 to hit the ball to move.</p> <p>To be allowed to play the point, P2 needs to go to the opposite side of where P1 went, so if P1 receives a ball to his left, P2 will need to go to his right. Same thing for P5 who needs to go to the opposite side of where P4 is going, so if P4 is moving to the left, P5 will need to go to the right to play the point.</p> <p>At the end of the point, P2 takes over P1, P3 takes over P2 and P1 takes over P3 at the back of the lane. Same thing for P4, P5 and P6, so P5 takes over P4, P6 takes over P5 and P4 takes over P6 at the back of the lane.</p>
<b>Scoring system:</b>	The team that scores the most points in 5 minutes.
<b>Rotation:</b>	Change the roles after 5 minutes. After 10 minutes, change the teams.