

**TACTICAL, on the reception of a distant ball (easy), vary the direction of the ball to make the opponent move**

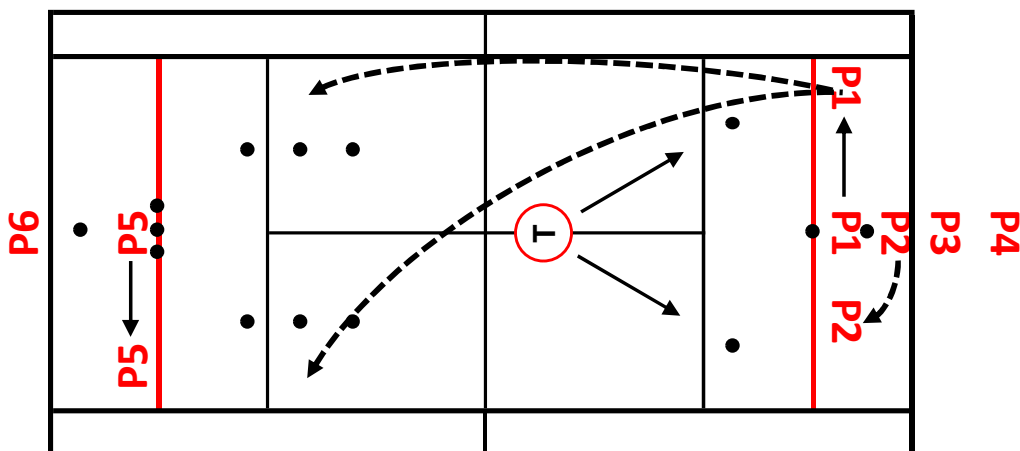


**TIME: 20 minutes (LMM) – Balls far to the right or left**

**TEACHING POINTS**

**Summary:** Prepare the body (turn shoulders) and racquet, position and hit the ball towards the target (hitting zone).

**EXERCISE**



<b>Feed:</b>	The teacher feeds a ball (easy) far to the right or left of P1.
<b>Projection:</b>	From his starting position on the ground target (in the center), P1 moves, returns the ball crosscourt or down the line and P1-P2 play the point against P5.
<b>Mobility:</b>	<p>From his starting position, P5 must move on 1 of the 2 other starting targets in order to cover his angles well.</p> <p>To play the point, P2 must go to the opposite side of the received ball. So, if P1 receives a ball to the right, P2 will have to go on the left side.</p> <p>At the end of the point, P3 takes P2's place, P2 takes P1's place and P1 returns at the end of the row behind P4. On the other side, P5 must give his place to P6.</p>
<b>Scoring system and rotation:</b>	The 2 players (between P1, P2, P3, P4) who score the most points in 5 minutes will replace P5 and P6.