

**COOPERATION, control the distance of the shots to improve consistency during rallies**



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

**TEACHING POINTS**

**A) Preparation:**

- Unit turn;
- Range of preparation (-1);
- Be ready before the ball bounces (moment).

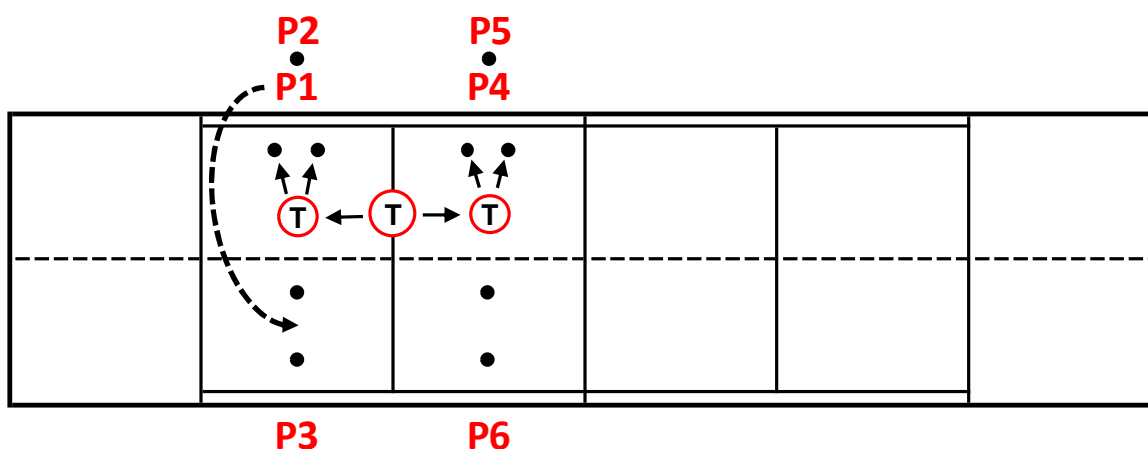
**B) The Shot:**

- Keep the ball arched (height);
- Find the right racket head speed to reach the desired distance.

**Summary:**

*Maintain a ball with an arched trajectory and find the right racket speed to reach the desired distance.*

**EXERCISE**



**Feed:**

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

**Projection:**

From the waiting position, P1 must prepare his body (turn shoulders) and racket (with the right grip at -1) before the ball bounces and plays the point against P3.

**Mobility:**

In order to play the point, P1 must hit the 1<sup>st</sup> ball into the 2<sup>nd</sup> window inside the ground target. 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.

**Considerations (if needed):**

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

**COOPERATION, control the distance of the shots to improve consistency during rallies**



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

**TEACHING POINTS**

**A) Preparation:**

- Unit turn;
- Range of preparation (-1);
- Be ready before the ball bounces (moment).

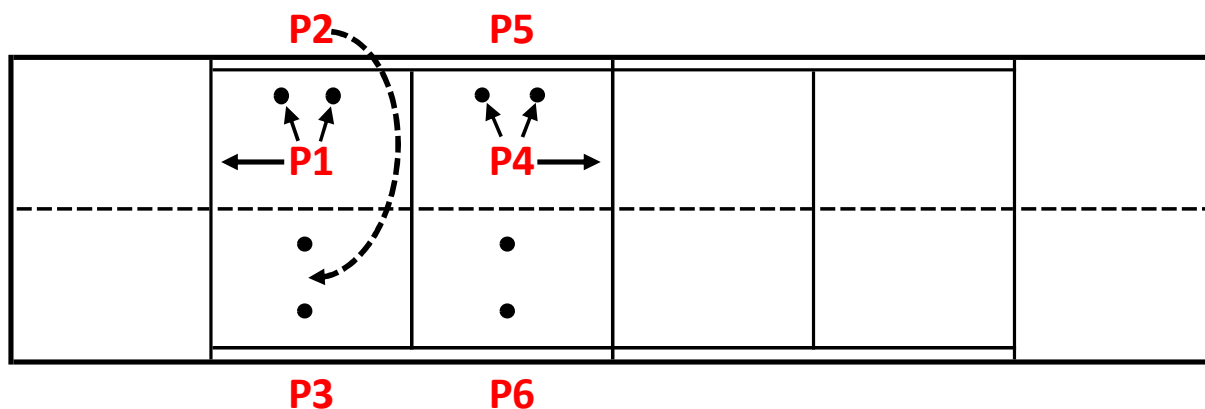
**B) The Shot:**

- Keep the ball arched (height);
- Find the right racket head speed to reach the desired distance.

**Summary:**

*Maintain a ball with an arched trajectory and find the right racket speed to reach the desired distance.*

**EXERCISE**



**Feed:**

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

**Projection:**

From the waiting position, P2 must prepare his body (turn shoulders) and racket (with the right grip at -1) before the ball bounces and plays the point against P3.

**Mobility:**

In order to play the point, P2 must hit the 1<sup>st</sup> ball into the 2<sup>nd</sup> window inside the ground target.

**Scoring system:**

The player who scores the most points in 4 minutes.

**Rotation:**

Switch roles every 4 minutes.

**Considerations (if needed):**

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