

ADAPTATION, receive balls from different distances and speeds to improve consistency



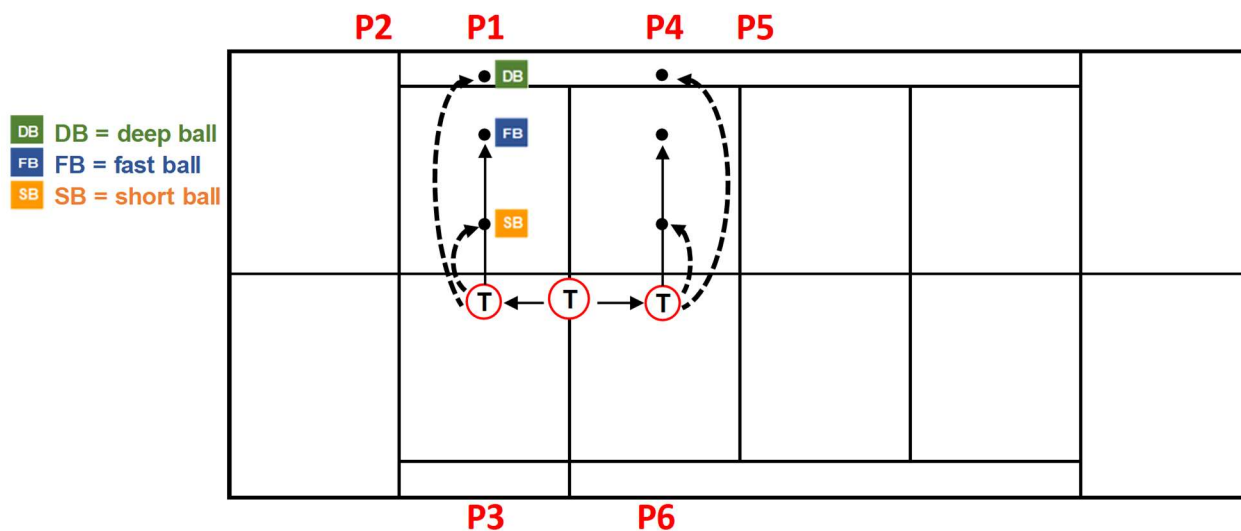
TIME: 15 minutes (LMM) – Prepare, position, hit

TEACHING POINTS

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| A) Preparation: | <ul style="list-style-type: none"> Prepare the body (unit turn) and racket (-1) before the ball bounces. |
| B) Positioning: | <ul style="list-style-type: none"> Move and position at the ball. |
| C) The Shot: | <ul style="list-style-type: none"> Hit the ball with the body (hips and shoulders rotation); Hit the ball within the comfort zone. |

Summary: Prepare, position and hit the ball within the comfort zone of the impact point.

EXERCISE



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| Feed: | The teacher sends a deep, short or fast ball to P1's forehand. |
| Projection: | P1 returns the ball and continues the rally with P3. |
| Mobility: | With each shot in the rally, players must say BOUNCE-HIT (say BOUNCE when the ball bounces on the ground and say HIT when they hit the ball (helps to center the ball well). The players in the waiting position (P2, P5) will count the number of shots during the rally. |
| Scoring system: | <ul style="list-style-type: none"> Option n° 1: none. Option n° 2: each rally of 6 consecutive shots gives 1 point to the team. The team that makes the most points in 5 minutes. |
| Rotation: | Switch roles every 5 minutes. |

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| Considerations (if needed): | <ul style="list-style-type: none"> Emphasize the sequence of execution of the shot. Prepare, position and hit. |
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