

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



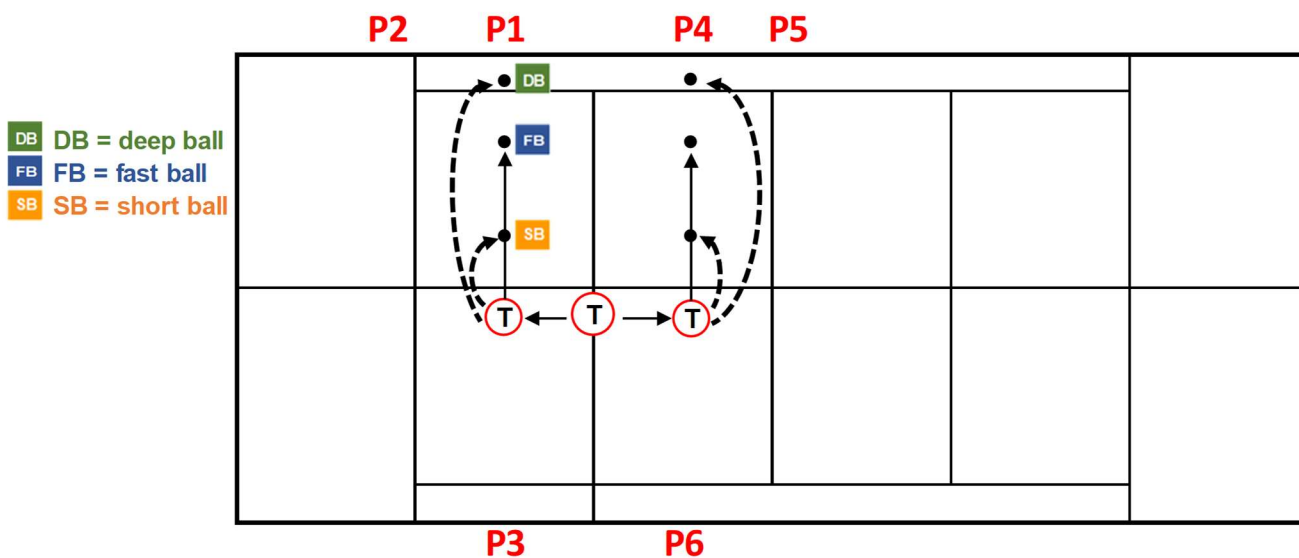
TIME: 15 minutes (LMM) – Prepare, position, hit

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 or backhand. |
| Projection: | P1 returns the ball and plays the point against P3. |
| Mobility: | In order to play the point, P1 must hit the ball (first ball received) into the comfort zone. |
| Scoring system: | The player who scores the most points in 5 minutes. |
| Rotation: | Switch roles and teams every 5 minutes. |