

TACTICAL, on the reception of a far away ball (easy or hard), defend or attack depending on the situation

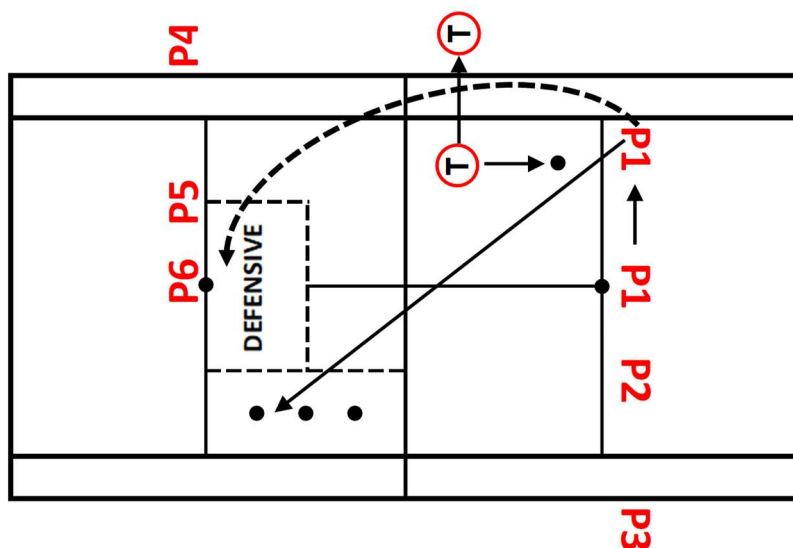


TIME: 20 minutes (LMM) – Far right balls

TEACHING POINTS

Summary: Far away ball (hard) = red ball (defensive, put the ball back deep into play).
Far away ball (easy) = green ball (attack, make the opponent move).

EXERCISE



Feed:	The teacher throws a ball (easy or hard) to the far right of P1.
Projection:	Starting in waiting position from the target on the ground (in the middle), P1 moves, hits the ball (if it is a red ball, put the ball into play high and deep in the middle, if it is a green ball, play crosscourt) and P1-P2 play the point against P5-P6.
Mobility:	During the feed, P6 needs to be at the starting position in the middle of the court. At the end of the point, P3 takes over P2, P2 takes over P1 and P1 takes over P3 in the waiting zone outside the court. Same thing for P4, P5 and P6, so P4 takes over P5, P5 takes over P6 and P6 takes over P4 in the waiting zone.
Scoring system:	The team that scores the most points in 5 minutes.
Rotation:	Change the roles after 5 minutes. After 10 minutes, change the teams.