

TACTICAL, on the reception of a far away ball (easy), play the ball crosscourt to make the opponent move

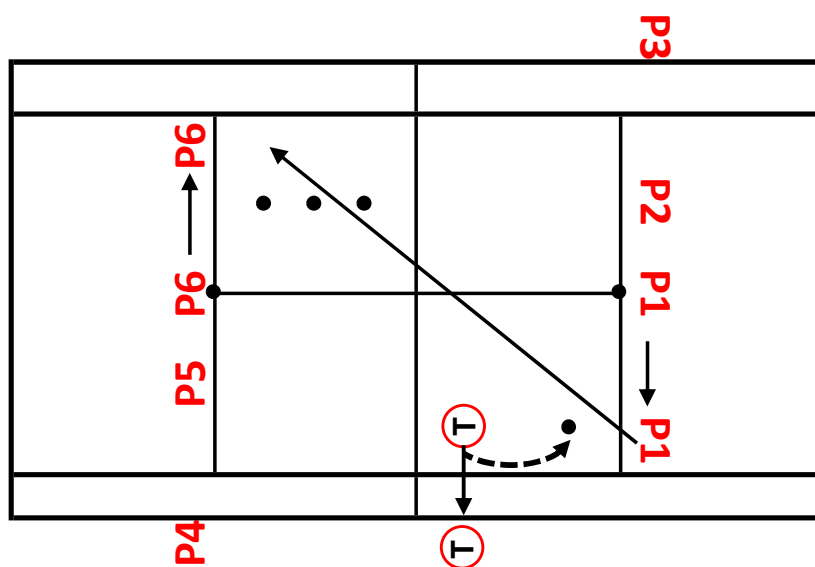


TIME: 20 minutes (LMM) – Far left balls

TEACHING POINTS

Summary: Prepare the body (shoulder rotation) and racquet, get into position and hit the ball towards the target (follow through)

EXERCISE



Feed:

The teacher throws a ball (easy) to the far left of P1.

Projection:

Starting in waiting position from the target on the ground (in the middle), P1 moves, hits the ball towards the target and P1-P2 play the point against P5-P6.

Mobility:

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.

Into his starting position, P6 needs to wait for P1 to hit before moving.

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.