

TACTICS, on the reception of a distant ball (easy), vary the direction of the ball to make the opponent move

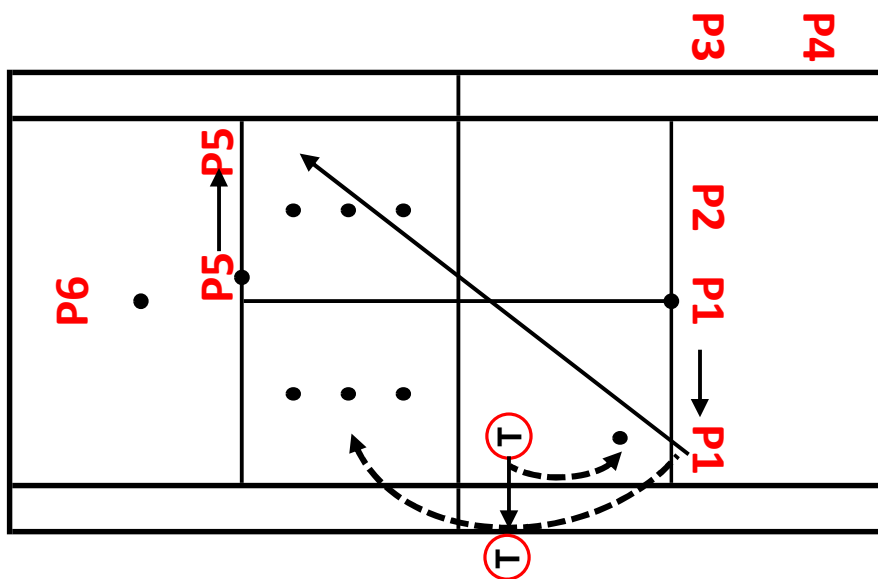


TIME: 20 minutes (LMM) – Balls far to the left

TEACHING POINTS

Summary: Prepare the body (turn shoulders) and racquet, position and hit the ball towards the target (hitting zone).

EXERCISE



Feed:

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

Projection:

From his starting position on the ground target, P1 moves, returns the ball crosscourt or down the line and P1-P2 play the point against P5.

Mobility:

P5 must place himself on the starting target in order to cover his angles well.
At the end of the point, P3 takes P2's place, P2 takes P1's place and P1 will join P4 in the waiting zone. On the other side, P5 must give his place to P6.

Scoring system and rotation:

The 2 players (between P1, P2, P3, P4) who score the most points in 5 minutes will replace P5 and P6.