

COOPERATION, control the distance and the direction of the ball to promote consistency during rallies



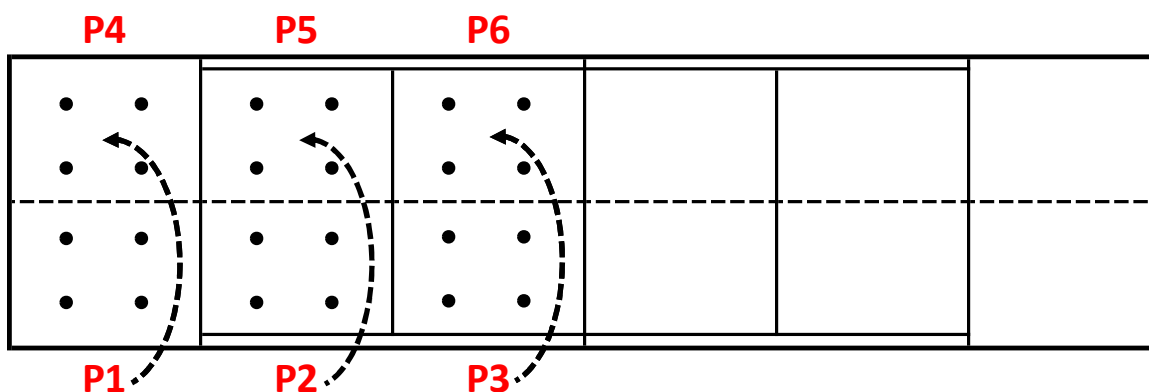
TIME: 10 minutes (LM, LMM) – Forehand

TEACHING POINTS

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| A) Preparation: | <ul style="list-style-type: none"> Amplitude of the preparation at -1. |
| B) Positioning: | <ul style="list-style-type: none"> Place feet and shoulders in the direction of the target. |
| C) The Shot: | <ul style="list-style-type: none"> Distance: keeping the ball arched (high) and finding the right racket head speed to achieve the desired distance; Direction: hitting zone. |

- Summary:** Adjust the motion to the target:
- Distance = finding the right racket speed;
 - Direction = hitting zone.

EXERCISE



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| Feed: | In a forehand position, P1 hits the ball into the 2 nd window inside the ground target. |
| Projection: | P4 returns the ball and continues the rally with P1. |
| Mobility: | In order to continue the rally, P1 must have successfully feed the ball in the 2 nd window inside the ground target and P4 must hit (the 1 st ball received) within the comfort zone of the impact point. |
| Scoring system: | <ul style="list-style-type: none"> Option n^o 1: none. Option n^o 2: each rally of 4 consecutive shots gives the duo 1 point. The duo that makes the most points in 5 minutes. |
| Rotation: | Switch roles after 5 minutes. |

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| Considerations (if needed): | <ul style="list-style-type: none"> When putting the ball in play and in rallies, remind students to hit the ball with their body (hips and shoulders rotation) and to hit the ball in the comfort zone of the impact point. |
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