

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



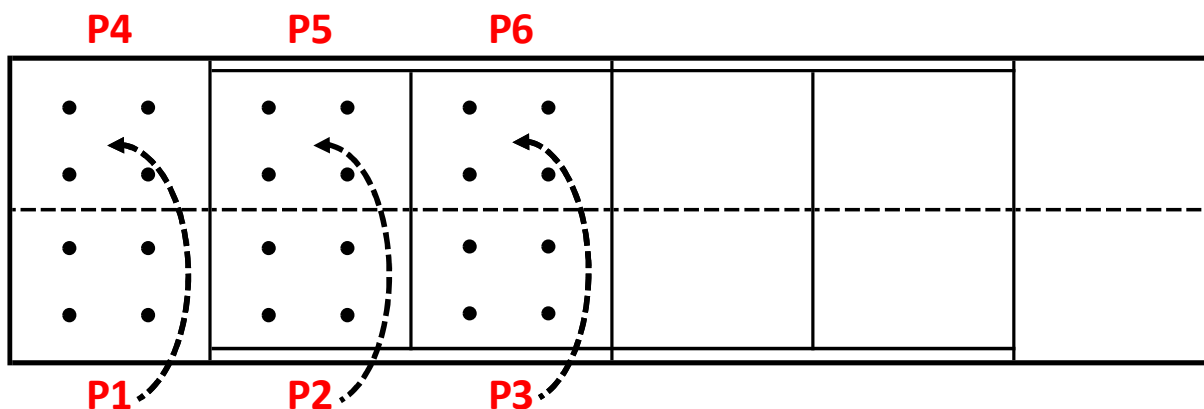
TIME: 10 minutes (LMM) – Forehand

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: *Place your feet and shoulders in the direction of the target and hit the ball in the direction of the target (hitting zone).*

EXERCISE



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|------------------------|--|
| Feed: | In a forehand position, P1 hits the ball inside the ground target. |
| Projection: | In the waiting position, P4 prepares body (turn shoulders) and racket (-1) before the ball bounces and plays the point against P1. |
| Mobility: | In order to play the point, P1 must have successfully feed inside the ground target. |
| Scoring system: | The player who scores the most points in 5 minutes. |
| Rotation: | Switch roles after 5 minutes. |