

**TACTICAL, learn to defend against a fast ball by playing high and deep**

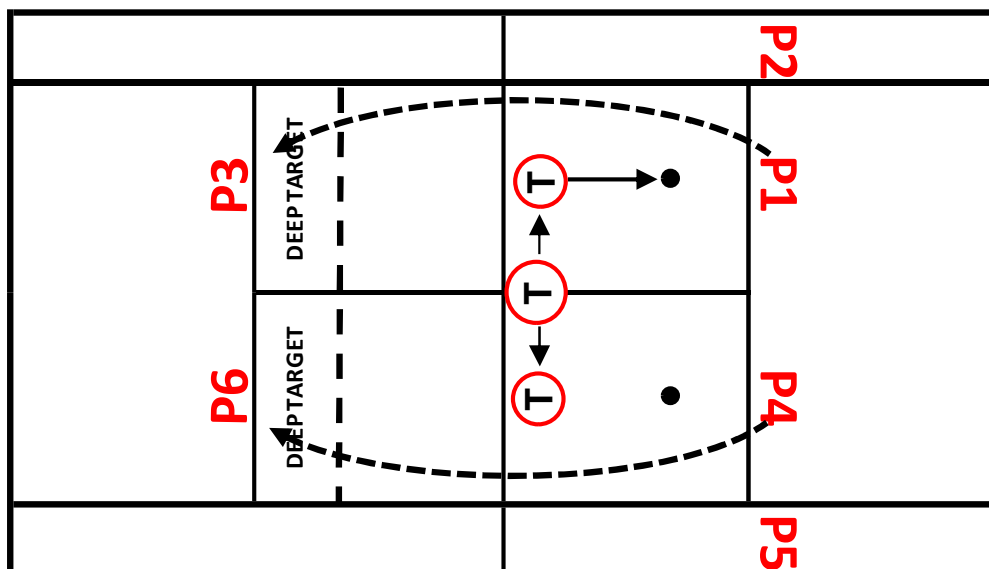


**TIME : 20 minutes (LMM)**

**TEACHING POINT**

**Summary :** *Fast ball = play high and deep.*

**EXERCISE**



**Feed :**

The teacher throws a fast ball on P1's forehand. After that feed, the teacher will send the same ball to P4.

**Projection :**

P1 returns the ball high and deep and plays the point against P3.

**Mobility :**

In order to play the point, P1 must return the ball in the deep target. At the end of the point, P1 gives his place to P2.

**Scoring system :**

The first player between P1 and P2 who scores 3 points replaces P3.

**Rotation :**

After 10 minutes, the teacher will send the first ball on the players' backhand.