

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

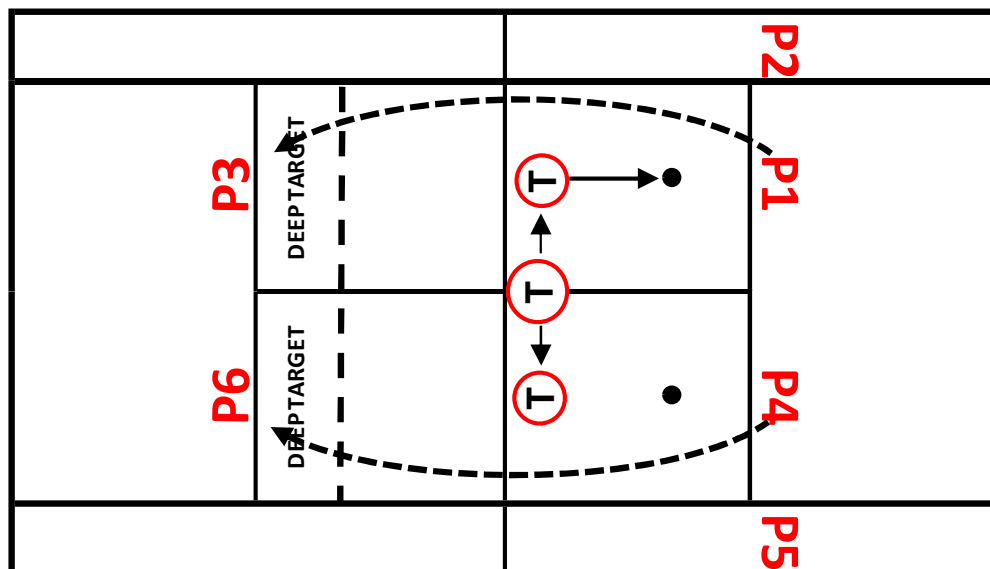


TIME : 20 minutes (LMM)

TEACHING POINT

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

EXERCISE



Feed :	The teacher throws a fast ball on P1's forehand or backhand. 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 change the teams.