

TACTICAL, on a fast ball reception, defend by playing deep into the court

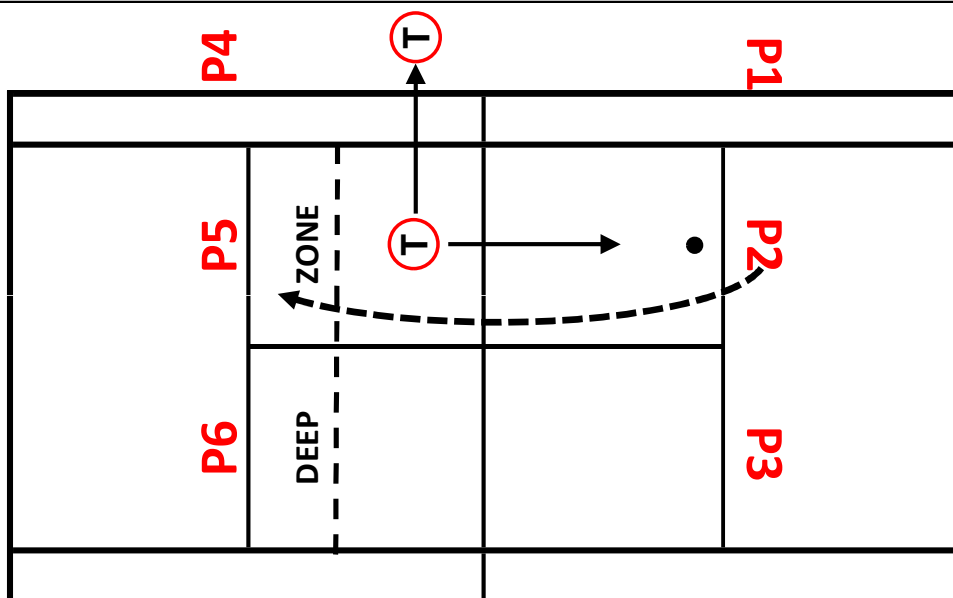


TIME: 20 minutes (LMM) – Forehand, backhand, receiving faster balls

TEACHING POINTS

Summary: Prepare the body and the racquet before the bounce of the ball and hit back high and deep in the middle of the court.

EXERCISE



Feed:	The teacher throws (baseball throw) a faster ball (straight trajectory, first window) towards the target on the ground to the forehand of P2.
Projection:	Into waiting position, P2 hits the ball back towards the deep zone and P2-P3 play the point against P5-P6.
Mobility:	To be allowed to play the point, P2 needs to hit (the first ball) into the deep zone. At the end of the point, P1 takes over P2, P2 takes over P3 and P3 takes over P1 in the waiting zone. P4, P5 and P6 do the same so, P4 takes over P5, P5 takes over P6 and P6 takes over P4 in the waiting zone.
Scoring system:	The team that scores the most points in 5 minutes.
Rotation:	Change the roles after 5 minutes. After 10 minutes, feed to the backhand and change the teams.