

TACTICAL, knowing how to attack or defend against balls from different distances

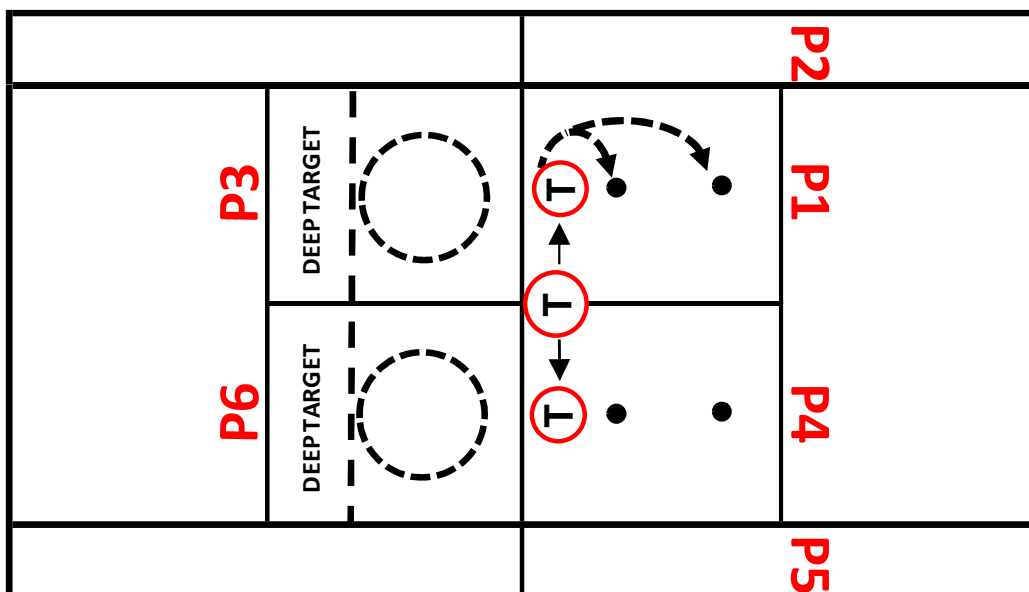


TIME: 20 minutes (LMM) – Forehand or backhand

TEACHING POINTS

Summary: *Deep ball = red ball (defensive, put the ball back deep into play).
Short ball = green ball (attack, make the opponent move).*

EXERCISE



Feed:

The teacher throws a short ball or a deep ball to the forehand or to the backhand of P1. After the feed to P1, he will do the same to P4.

Projection:

P1 hits the ball back outside the circle (if it's a short ball) or deep behind the line. (if it's a deep ball) and play the point against P3.

Mobility:

To be allowed to play the point, P1 needs to (depending on the ball received) hit the ball (the first one) inside the right target. At the end of the point, P2 takes over P1.

Scoring system:

The first player between P1 and P2 that wins 3 points takes over P3.

Rotation:

After 10 minutes, change the teams.