

**COOPERATION, develop basic skills on the volley to improve abilities at the net**



**TIME: 9 minutes (LM, LMM) – Volley, forehand**

### TEACHING POINTS

#### A) Preparation:

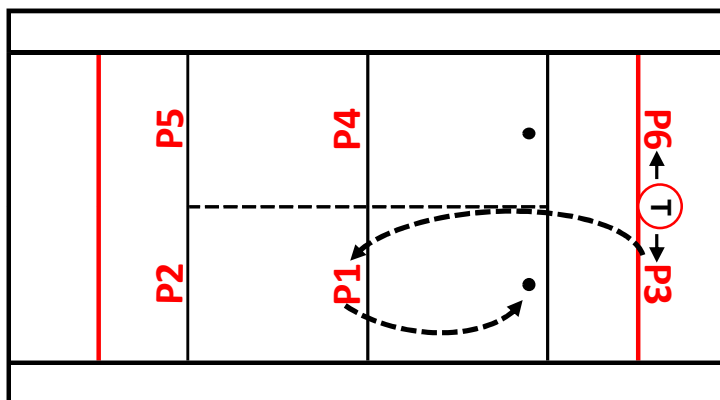
- Waiting position (racket centered at 45 degrees);
- Forehand (continental grip);
- 2 handed backhand: semi eastern grip et eastern grip for the 2<sup>nd</sup> hand;
- Unit turn;
- Amplitude of the preparation at -1.

#### B) The Shot:

- Amplitude of the shot at +2 towards the front.

**Summary:** *Waiting position, prepare body (turn shoulders) and racket (-1), hit ahead at +2.*

### EXERCISE



#### Feed:

The teacher feeds an arched ball to the P1's forehand.

#### Projection:

From the waiting position (racket 45 degrees), P1 makes a volley with an arched trajectory towards the target on the ground.

#### Mobility:

Following P1's volley, P3 must let the ball bounce once on the ground and return a ball to P1 again (as in pre-match warm-up).

#### Scoring system:

- Option n° 1: none.
- Option n° 2: 1 point for the duo when the player at the net makes 2 volleys in a row. The duo that makes the most points in 3 minutes.

#### Rotation:

Switch roles after 3 minutes.

#### Considerations (if needed):

- Observe the opening of the hand on the forehand;
- The proposed range of motion is -1, +2;
- Remind students of the importance of hitting a slightly arched ball.

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**C) Preparation:**

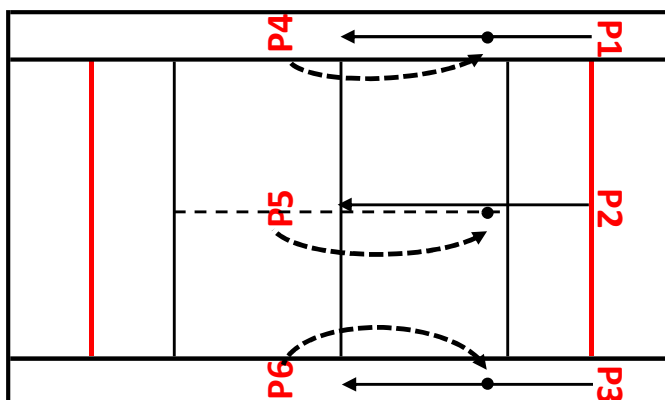
- Waiting position (racket centered at 45 degrees);
- Forehand (continental grip);
- 2 handed backhand: semi eastern grip et eastern grip for the 2<sup>nd</sup> hand;
- Unit turn;
- Amplitude of the preparation at -1.

**D) The Shot:**

- Amplitude of the shot at +2 towards the front.

**Summary:** *Waiting position, prepare body (turn shoulders) and racket (-1), hit ahead at +2.*

**EXERCISE**



**Feed:**

**In forehand position, P1 sends 1 ball to P4's forehand.**

**Projection:**

From the waiting position (racket 45 degrees), P4 makes a volley with an arched trajectory towards the target on the ground.

**Mobility:**

Following P4's volley, P1 must let the ball bounce once on the ground and return a ball to P4 again (as in pre-match warm-up).

**Scoring system:**

- Option n° 1: none.
- Option n° 2: 1 point for the duo when the player at the net makes 2 volleys in a row. The duo that makes the most points in 3 minutes.

**Rotation:**

Switch roles after 5 minutes.

**Considerations (if needed):**

- Observe the opening of the hand on the forehand;
- The proposed range of motion is -1, +2;
- Remind students of the importance of hitting a slightly arched ball.