

OPPOSITION, control of direction in order to dominate the opponent by making him move laterally



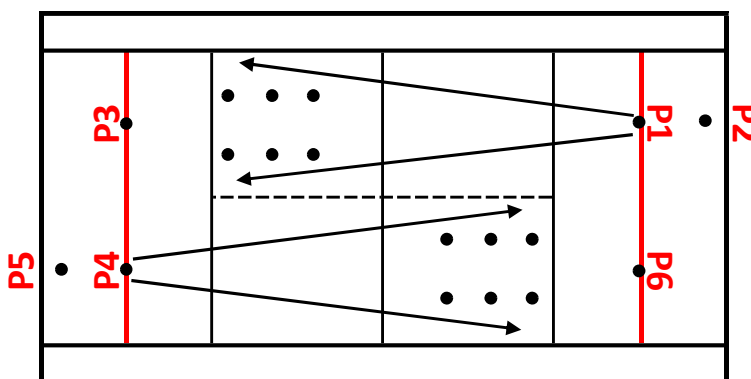
TIME: 15 minutes (LM, LMM) – Forehand

TEACHING POINTS

- A) Preparation:**
 - Prepare the body (unit turn) and the racket in C before the ball bounces.
- B) Positioning:**
 - Place feet and shoulders towards the target.
- C) The Shot:**
 - The racket should be aimed at the target (hitting zone).

Summary: *Place feet and shoulders towards the target and hit the ball towards the target (hitting zone).*

EXERCISE



Feed: In forehand, P1 must identify the target area (left or right) and make the face-off within it.

Projection: When leaving in a waiting position, P3 returns the ball and continues the rally with P1.

Mobility: To be allowed to continue the rally, P1 must hit the first ball inside the target area.
 After each shot in the rally, P1 and P3 must move back (touch with their feet) to their original target.
 At the end of the rally, P1 gives way to P2.

Scoring system:

- Option 1: none.
- Option 2: the group that makes the most consecutive rallies in 5 minutes.

Rotation: Change the single player every 5 minutes.

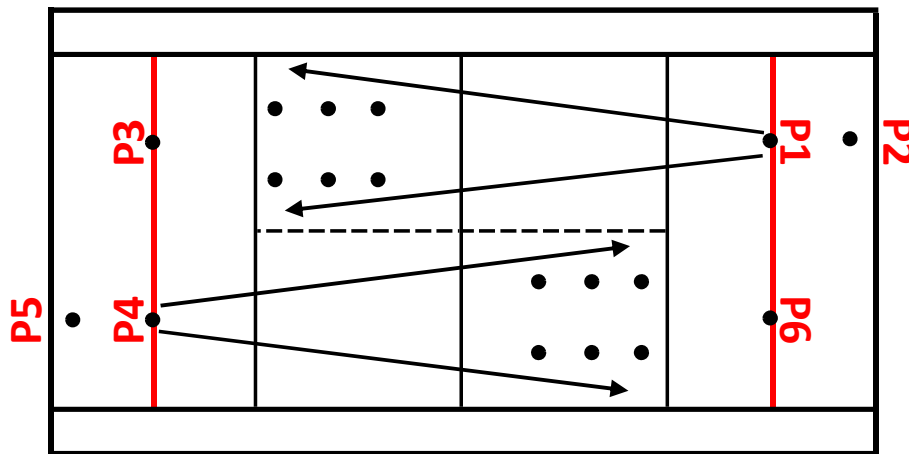
Considerations (if needed):

- When hitting with the body (hips and shoulders rotation), make sure the students point the racket at the target (hitting zone).



Exercise 4.2

EXERCISE

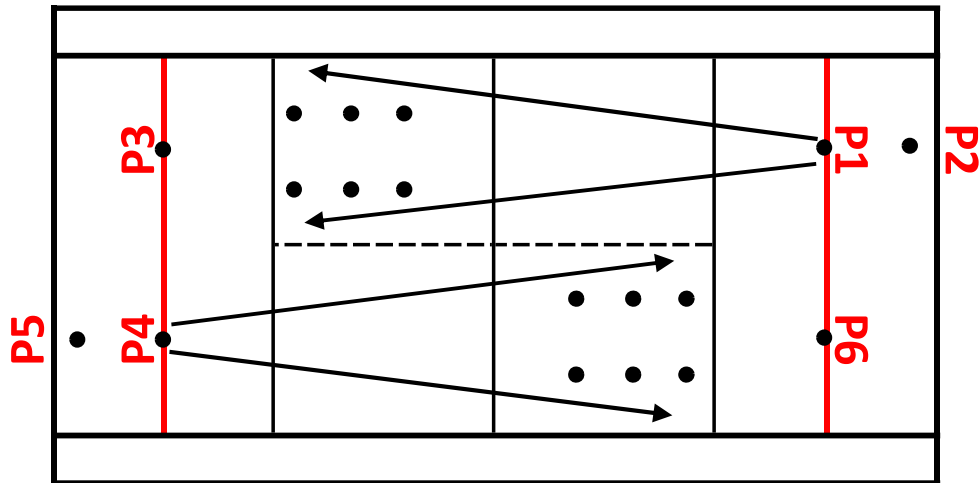


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| Feed: | On the backhand, P1 must identify the target area (left or right) and make the face-off within it. |
| Projection: | Starting in the waiting position, P3 returns the ball and plays the point opposite P1. |
| Mobility: | <p>To be eligible to play the point, P1 must hit the first ball inside the target area.</p> <p>After each shot in the competition for the point, P1 and P3 must move back (touch with their feet) to their starting target.</p> <p>At the end of the point, P1 gives way to P2.</p> |
| Scoring system: | The player between P1 and P2 who scores the most points in 5 minutes. |
| Rotation: | Change the single person every 5 minutes. |
| Considerations (if needed): | <ul style="list-style-type: none"> When hitting with the body (hips and shoulders rotation), make sure the students point the racket at the target (hitting zone). |



Exercise 4.3

EXERCISE



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| Feed: | In the forehand position, P1 has to make the feed outside the centre area. |
| Projection: | Starting in the waiting position, P3 returns the ball and competes for the point against P1. |
| Mobility: | <p>To be eligible to play the point, P1 must hit the first ball out of the centre area and P3 must (on the first ball received) identify forehand or backhand before the ball bounces.</p> <p>After each shot in the rally, P1 and P3 must move back (touch with their feet) to their starting target.</p> <p>At the end of the point, P1 gives way to P2.</p> |
| Scoring system: | The player between P1 and P2 who scores the most points in 5 minutes. |
| Rotation: | Change roles every 5 minutes. |
| Considerations (if needed): | <ul style="list-style-type: none"> When hitting with the body (hips and shoulders rotation), make sure the students point the racket at the target (hitting zone). |