

COOPERATION, learn to control the distance and the direction of the ball to improve consistency during rallies

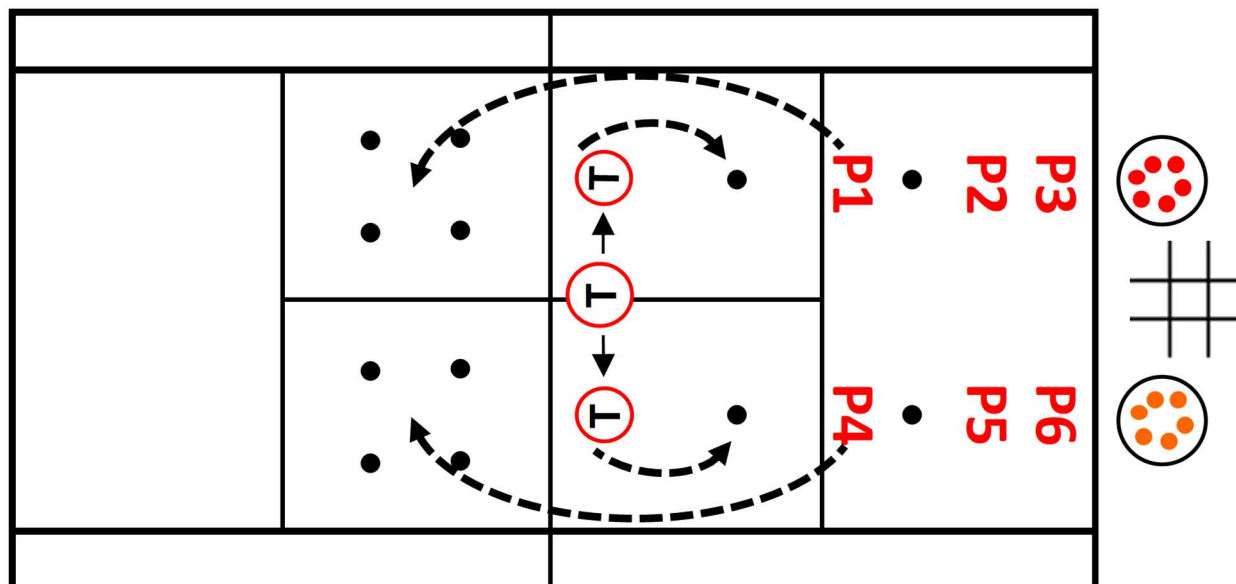


TIME: 20 minutes (LMM) – Forehand, backhand

TEACHING POINTS

Summary: Prepare and hit the ball with the right racquet speed towards the target (hitting zone).

EXERCISE



Feed:	The teacher feeds a ball to the forehand of P1. After the feed to P1, he will do the same to P4.
Projection:	P1 hits the ball inside the target located on the ground.
Mobility:	When players have successfully sent their ball inside the target on the ground, they must take 1 ball from the hoop at the back of the row and place it in the grid (tic-tac-toe game). Players use red balls all the time. One hoop will contain red balls and the other hoop orange dot balls to differentiate them in the tic-tac-toe game.
Scoring system:	The first team that gets a tic-tac-toe (full lane of red or orange balls) win.
Rotation:	After 10 minutes, feed to the backhand and change the teams.

COOPERATION, learn to control the distance and the direction of the ball to improve consistency during rallies

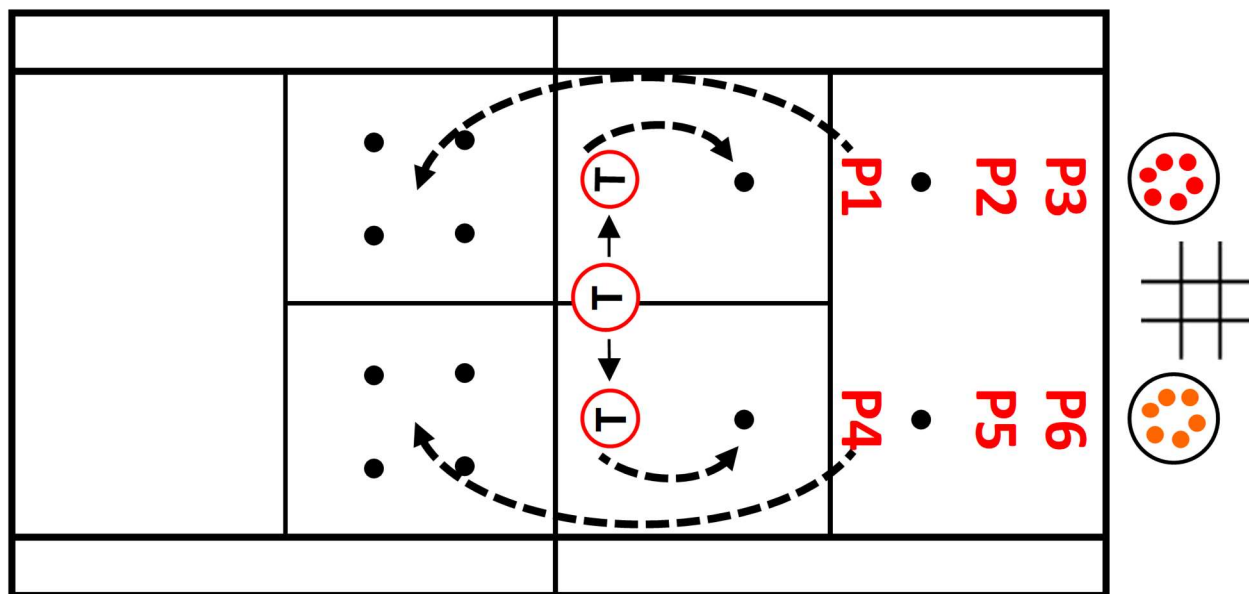


TIME: 20 minutes (LMM) – Forehand or backhand

TEACHING POINTS

Summary: Prepare and hit the ball with the right racquet speed towards the target (hitting zone).

EXERCISE



Feed:	The teacher feeds a ball to the forehand or the backhand of P1. After the feed to P1, he will do the same to P4.
Projection:	Starting on the waiting position, P1 hits the ball inside the target located on the ground.
Mobility:	When players have successfully sent their ball inside the target on the ground, they must take 1 ball from the hoop at the back of the row and place it in the grid (tic-tac-toe game). Players use red balls all the time. One hoop will contain red balls and the other hoop orange dot balls to differentiate them in the tic-tac-toe game.
Scoring system:	The first team that gets a tic-tac-toe (full lane of red or orange balls) win.
Rotation:	After 10 minutes, change the teams.

COOPERATION, learn to control the distance and the direction of the ball to improve consistency during rallies

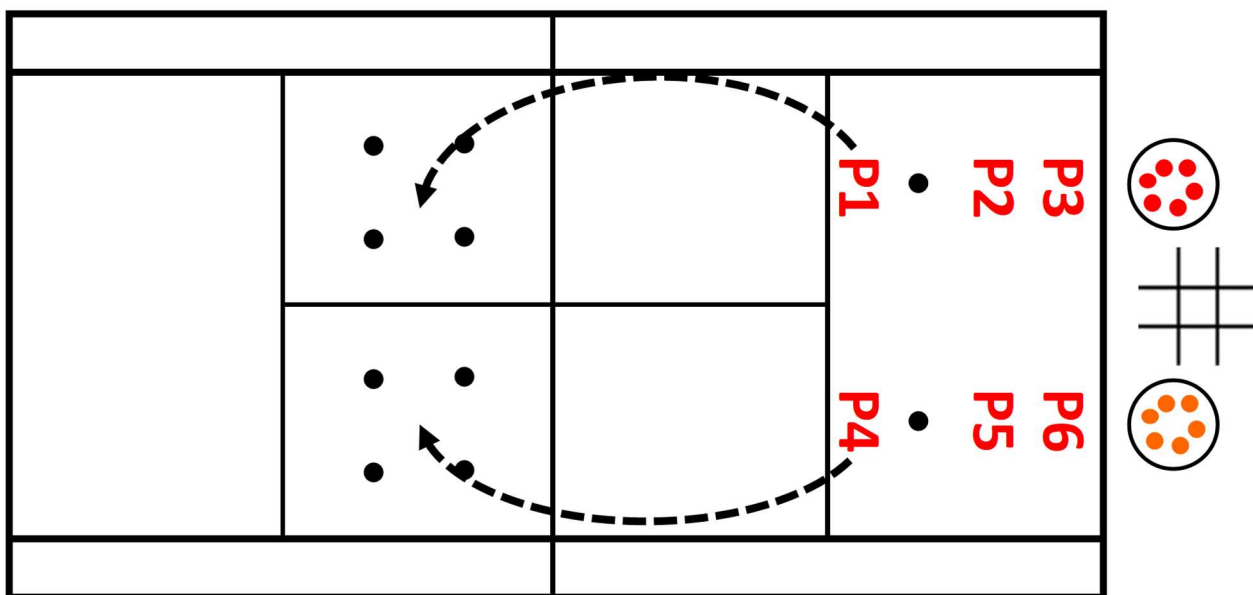


TIME: 20 minutes (LMM) – Forehand, backhand

TEACHING POINTS

Summary: *Prepare and hit the ball with the right racquet speed towards the target (hitting zone).*

EXERCICE



Feed:	In forehand position, P1 hits a ball towards the target on the ground in front of him, P4 does the same towards the target in front of him.
Mobility:	When players have successfully sent their feed inside the target on the ground, they must take 1 ball from the hoop at the back of the row and place it in the grid (tic-tac-toe game). Players use red balls all the time. One hoop will contain red balls and the other hoop orange dot balls to differentiate them in the tic-tac-toe game.
Scoring system:	The first team that gets a tic-tac-to (full lane of red or orange balls) win.
Rotation:	After 10 minutes, the players will feed with the backhand. Change the teams.