

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

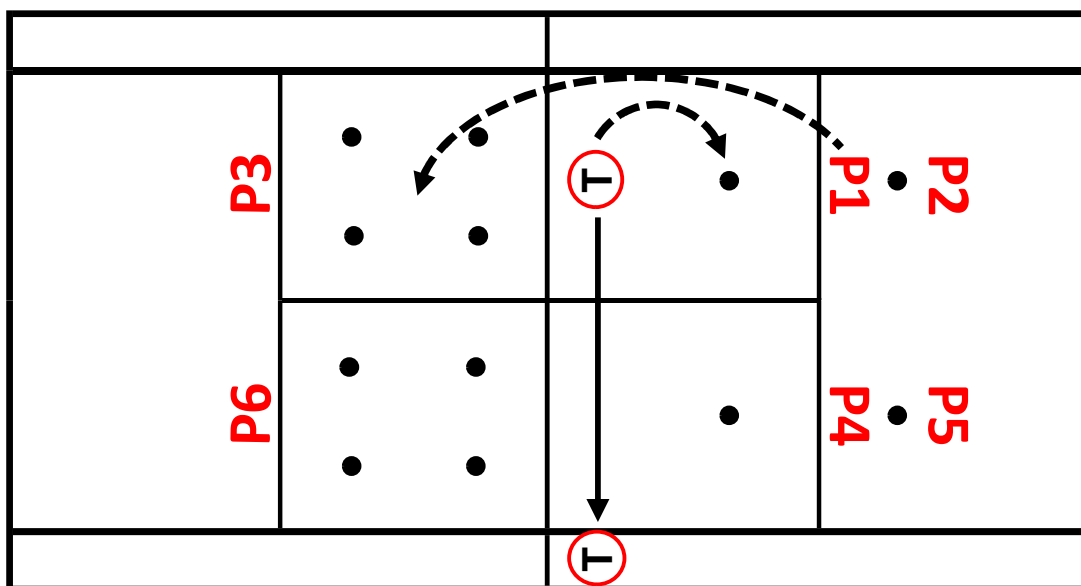


TIME: 20 minutes (LMM) – Forehand, backhand

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 in front of him and P1-P4 play the point against P3-P6.
Mobility:	To play the point, P1 needs to hit the ball inside the target area. After the 2 points sequence (feed to P1 and feed to P2), P2-P5 take over P1-P4.
Scoring system:	The team that wins 2 points in a row, takes over the team that is alone.
Rotation:	After 10 minutes the teacher will feed to the backhand.

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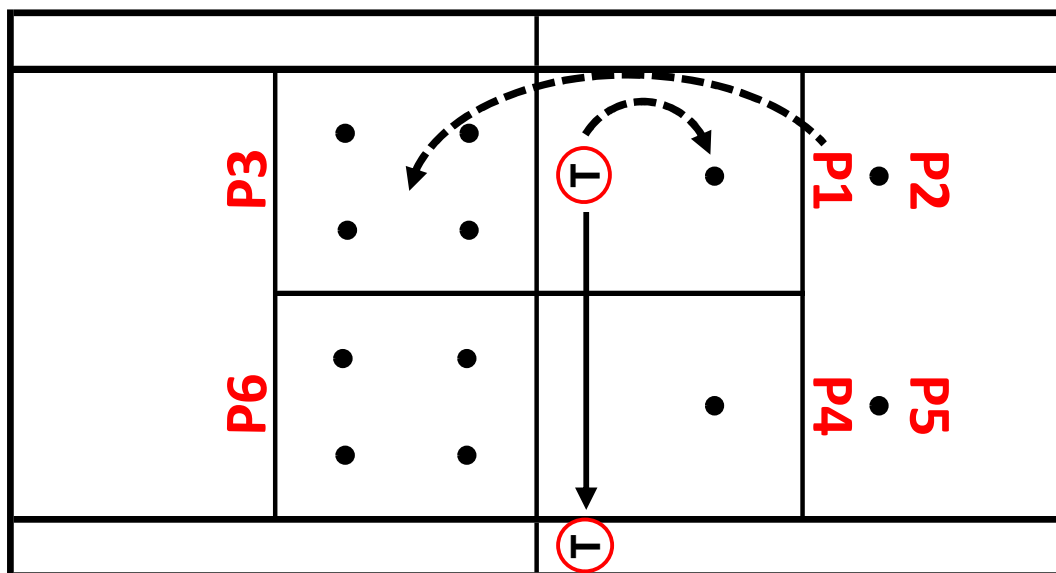


TIME: 20 minutes (LMM) – Forehand or backhand

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:	P1 hits the ball inside the target area located in front of him and P1-P4 play the point against P3-P6.
Mobility:	To play the point, P1 needs to hit the ball inside the target area. After the 2 points sequence (feed to P1 and feed to P2), P2-P5 take over P1-P4.
Scoring system:	The team that wins 2 points in a row, takes over the team that is alone.
Rotation:	After 10 minutes, change the teams.

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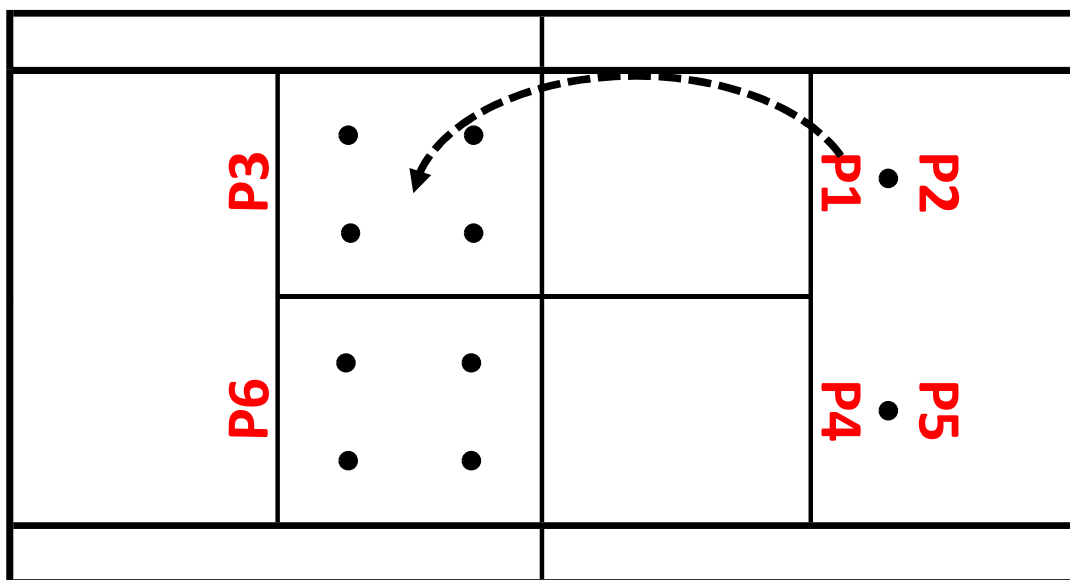


TIME: 20 minutes (LMM) – Forehand, backhand

TEACHING POINTS

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

EXERCISE



Feed:

Starting in forehand position, P1 hits a ball towards the target in front of him. (To P3). At the end of the point, P4 does the same towards P6.

Projection:

P3 hits the ball and P3-P6 play the point against P1-P4.

Mobility:

To play the point, P1 needs to hit the ball (the feed) inside the target in front of him. After the 2 points sequence (feed from P1 and feed from P2), P2-P5 take over P1-P4.

Scoring system:

The team that wins 2 points in a row, takes over the team that is alone.

Rotation:

After 10 minutes, the players will make the feed starting in the backhand position.