

COOPERATION, controlling the distance and the direction of the ball in order to improve consistency during the rallies

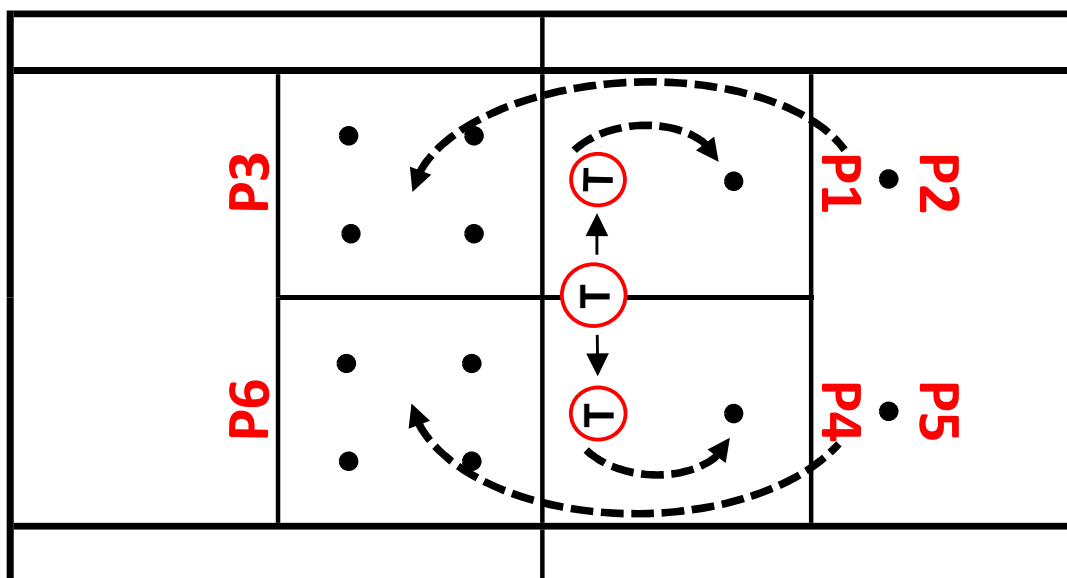


TIME: 20 minutes (LMM) – Forehand, backhand

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 on P1's forehand. After that feed to J1, the teaching will feed to P4.
Projection:	P1 returns the ball inside the target on the ground and P3 must catch the ball (after one bounce on the ground) in his hands or in a cone.
Mobility:	After his shot, P1 gives his spot to P2.
Scoring system:	The trio gets 1 point when the players succeed in their sequence (P1 hits the ball inside the target and P3 catches the ball). Game of 10 points.
Rotation:	After 10 minutes, the teacher will do the feeds on the backhand and will change the trios.



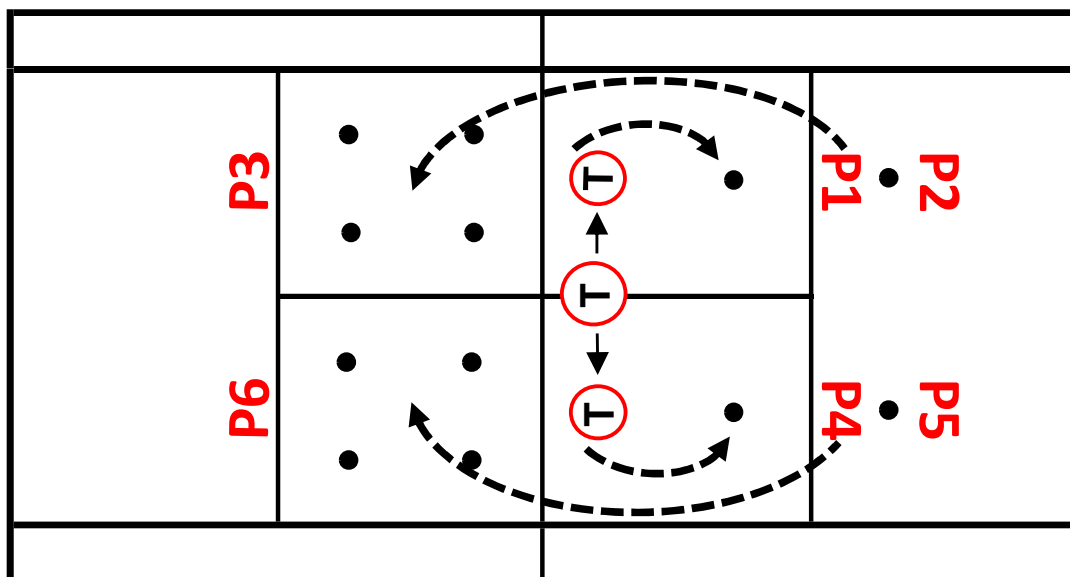
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TEACHING POINTS

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

EXERCISE



Feed:	The teacher feeds a ball on P1's forehand or backhand. After that feed to J1, the teaching will feed to P4.
Projection:	Starting from the waiting position, P1 returns the ball inside the target on the ground and P3 must catch the ball (after one bounce on the ground) in his hands or in a cone.
Mobility:	After his shot, P1 must gives his place to P2.
Scoring system:	The trio gets 1 point when the players succeed in their sequence (P1 hits the ball inside the target and P3 catches the ball). Game of 10 points.
Rotation:	After 10 minutes, change the trios.

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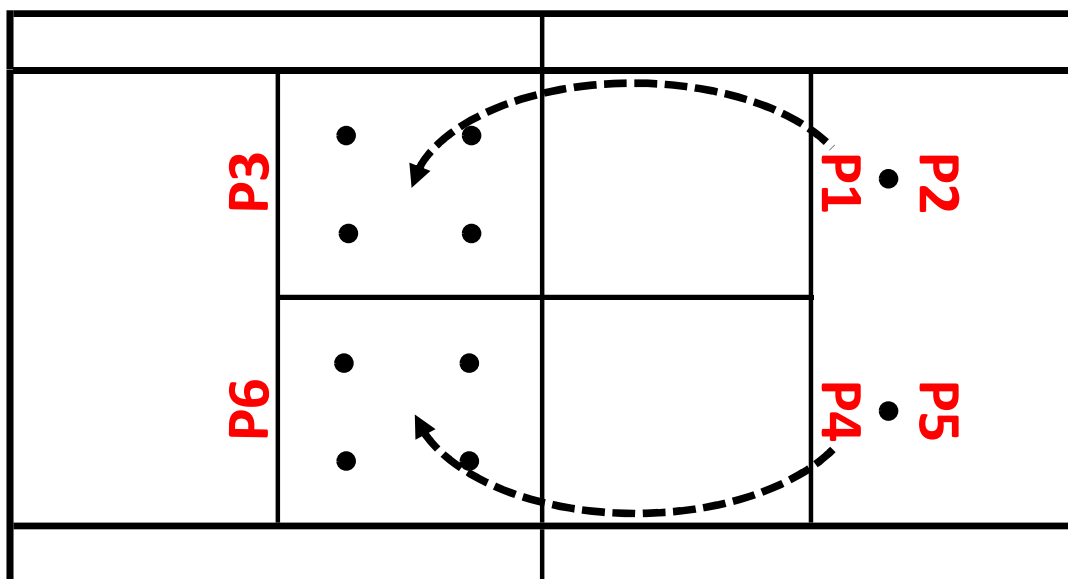


TIME: 20 minutes (LMM) – Forehand, backhand

TEACHING POINTS

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

EXERCISE



Feed:	On the forehand position, P1 feeds a ball towards the target on the ground in direction of P3. P4 does the same in direction of P6.
Projection:	P3 must catch the ball (after a bounce on the ground) in his hands or in a cone.
Mobility:	After his shot, P1 must leaves his place to P2.
Scoring system:	The trio gets 1 point when the players succeed in their sequence (P1 hits the ball inside the target and P3 catches the ball). Game of 10 points.
Rotation:	After 10 minutes, the feeds will be done from the backhand et we change the trios.