

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

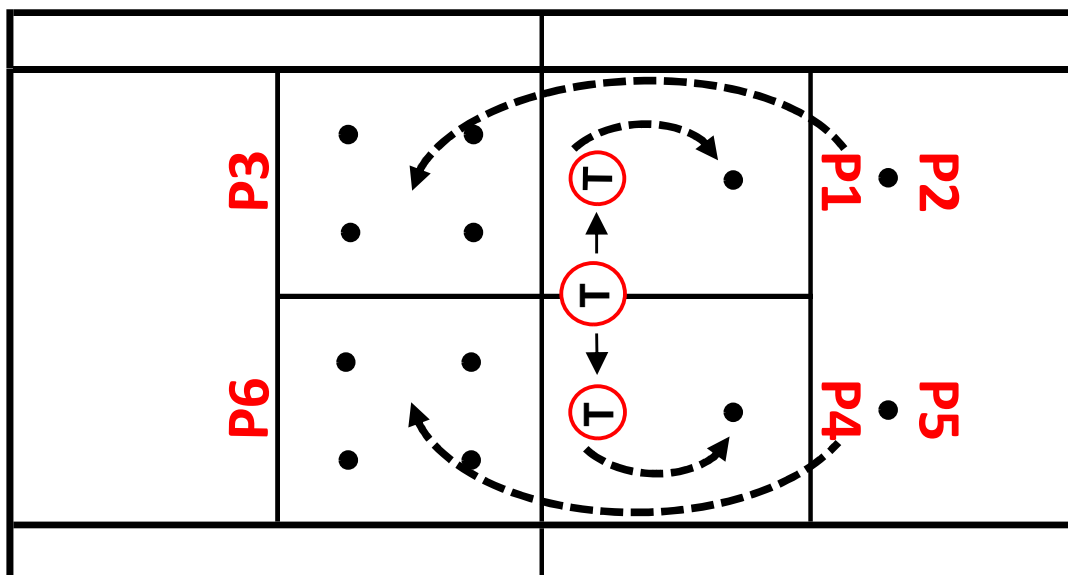


**TIME: 20 minutes (LMM) – Forehand, backhand**

**TEACHING POINTS**

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

**EXERCISE**



<b>Feed:</b>	The teacher feeds a ball on P1's forehand. After this feed, the teacher will feed to P4.
<b>Projection:</b>	P1 returns the ball inside the target on the ground and P3 must stop the ball, let it bounce once on the ground and hit it on the other side of the net inside the court.
<b>Mobility:</b>	After his shot, P1 must leave his sport to P2.
<b>Scoring system:</b>	The trio gets 1 point when the players achieve their sequence (P1 hits the balle inside the target and P3 stops the ball, lets it bounce once on the ground and hits it inside the court).
<b>Rotation:</b>	After 10 minutes, the teacher will do the feeds on the backhand and will change the trios.

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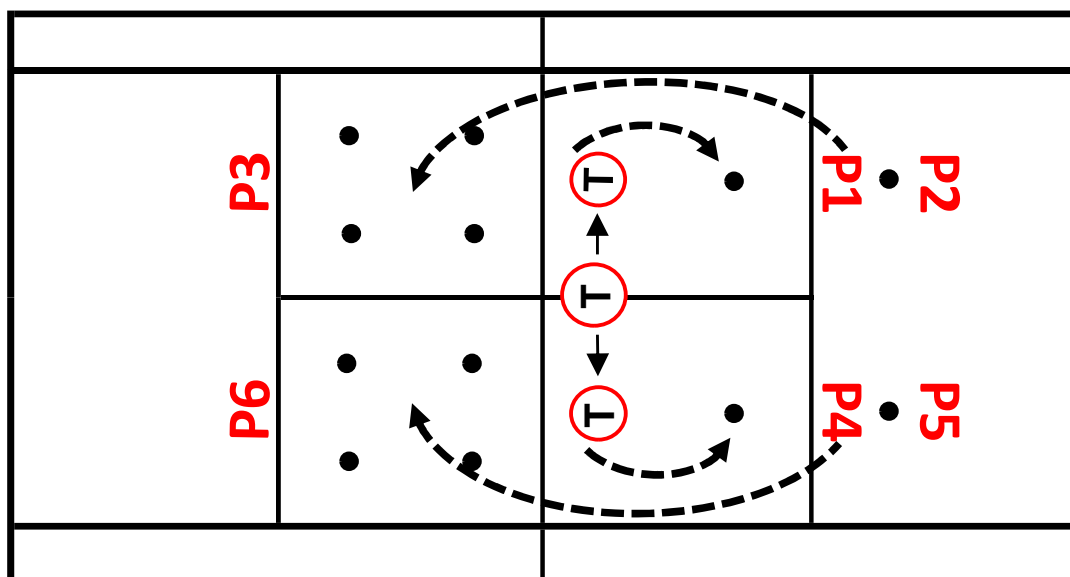


**TIME: 20 minutes (LMM) – Forehand, backhand**

**TEACHING POINTS**

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

**EXERCISE**



<b>Feed:</b>	The teacher feeds a ball on P1's forehand or backhand. After his feed to P1, the teacher will do the same with P4.
<b>Projection:</b>	P1 returns the ball inside the target on the ground and P3 must stop the ball, let it bounce once on the ground and hit the ball on the other side of the net inside the court.
<b>Mobility:</b>	After his shot, P1 gives his spot to P2.
<b>Scoring system:</b>	The trio gets 1 point when the players succeed in their sequence (P1 hits the ball inside the target and P3 stops the ball, let's it bounce once on the ground and hits the ball inside the court).
<b>Rotation:</b>	After 10 minutes, change the teams.

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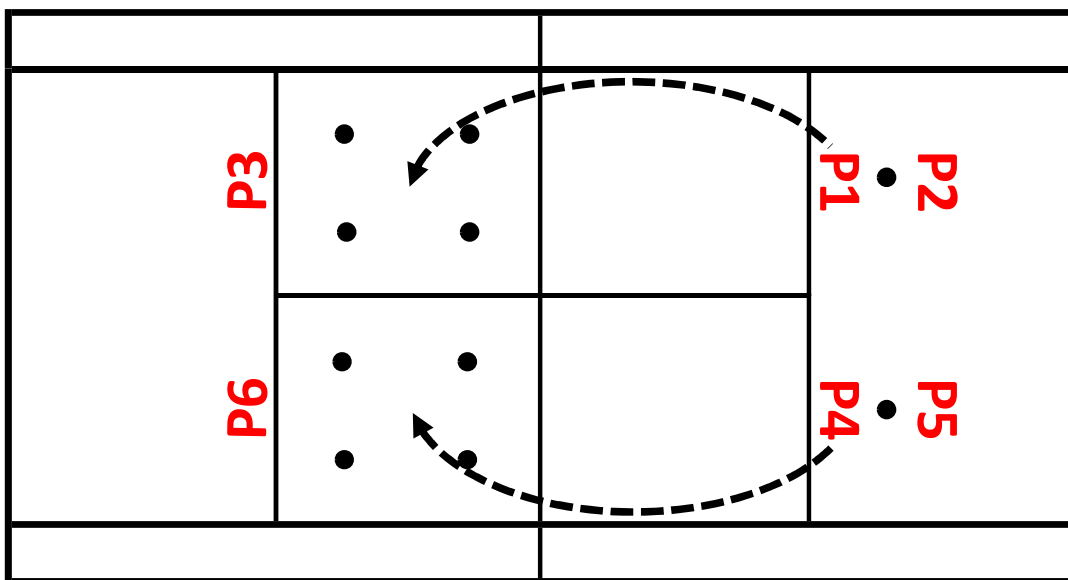


**TIME: 20 minutes (LMM) – Forehand, backhand**

**TEACHING POINTS**

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

**EXERCISE**



**Feed:**

On the forehand position, P1 sends a ball towards the target on the ground in direction of P3. P4 does the same in direction of P6.

**Projection:**

P3 must stop the ball, let it bounce once on the ground and hit the ball on the other side of the net inside the court.

**Mobility:**

After his shot, P1 must leave 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 stops the ball, let's it bounce once on the ground and hits the ball inside the court).

**Rotation:**

After 10 minutes, the feeds will be done from the backhand side and we change the trios.