

ADAPTATION, learn to defend against fast balls



TIME: 9 minutes (LMM) – Forehand, receiving faster balls

TEACHING POINTS

A) Preparation:

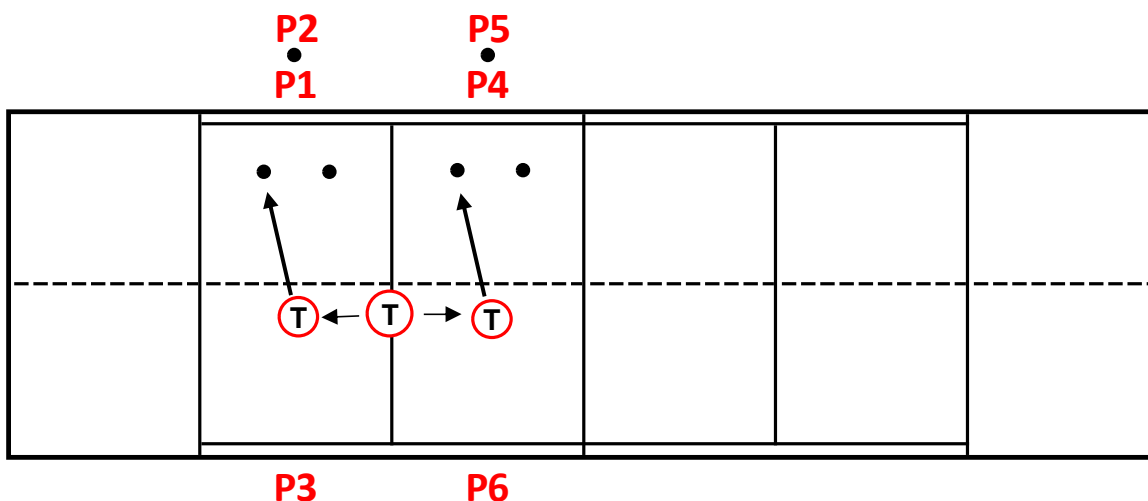
- Prepare body (unit turn) and racket (-1) before the ball bounces.

B) The Shot:

- Point of impact (horizontal) in front of the body.

Summary: *Prepare body (turn shoulders) and racket (-1) before the ball bounces and hit the ball in front of the body.*

EXERCISE



Feed:

The teacher sends (over the head like a baseball pitcher) a faster ball (direct trajectory therefore, 1st window) towards the target on the ground on P1's forehand.

Projection:

In the waiting position, P1 returns the ball and plays the point against P3.

Mobility:

In order to play the point, P1 must prepare his body (turn shoulders) and racket (-1) before the ball bounces. At the end of the point P1 gives his spot to P2.

Scoring system:

The player who scores the most points in 3 minutes.

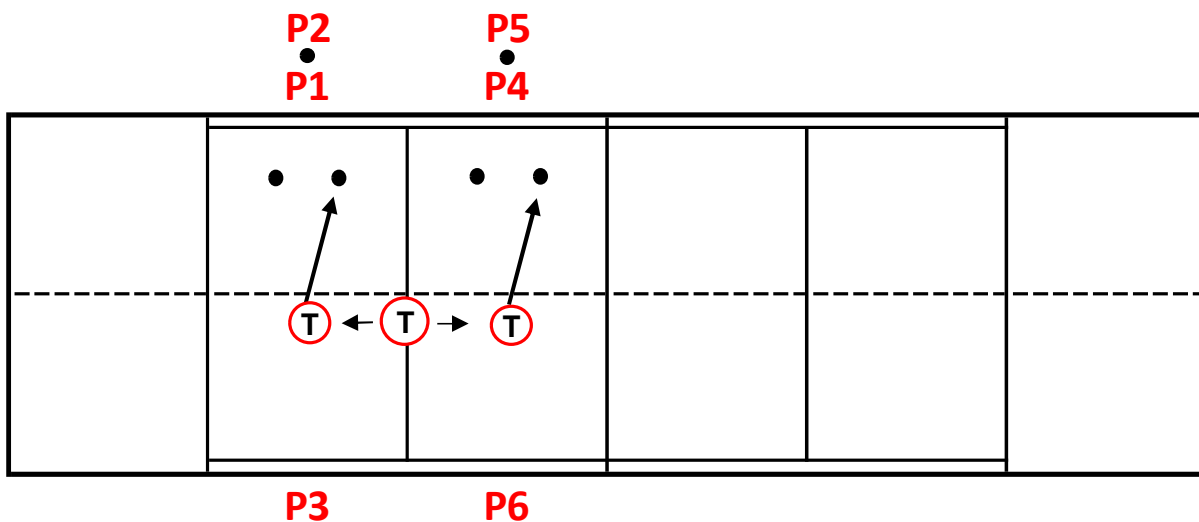
Rotation:

Switch roles every 3 minutes.



Exercise 7.2

EXERCISE



Feed:

The teacher sends (over the head like a baseball pitcher) a faster ball (direct trajectory therefore, 1st window) towards the target on the ground on P1's backhand.

Projection:

In the waiting position, P1 returns the ball and plays the point against P3.

Mobility:

In order to play the point, P1 must prepare his body (turn shoulders) and racket (-1) before the ball bounces. At the end of the point P1 gives his spot to P2.

Scoring system:

The player who scores the most points in 3 minutes.

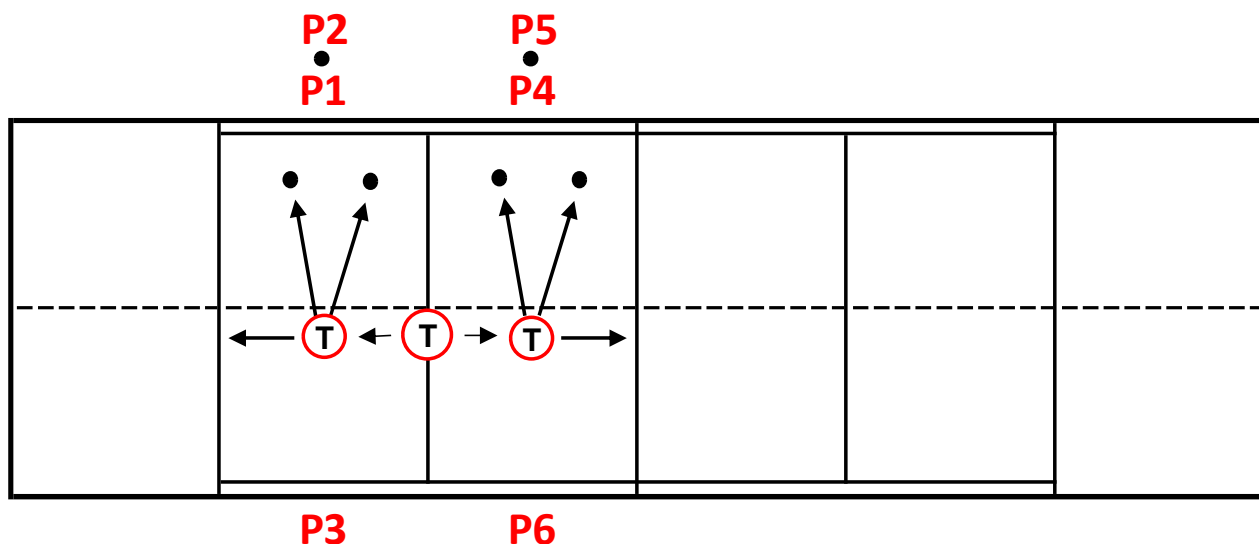
Rotation:

Switch roles every 3 minutes.



Exercise 7.3

EXERCISE



Feed:	The teacher sends (over the head like a baseball pitcher) a faster ball (direct trajectory therefore, 1 st window) towards the target on the ground on P1's forehand or backhand.
Projection:	P1 returns the ball and plays the point against P3.
Mobility:	In order to play the point, P1 must identify the forehand or backhand before the ball bounces. At the end of the point, P1 gives his spot to P2.
Scoring system:	The player who scores the most points in 4 minutes.
Rotation:	Switch roles every 4 minutes.