

### 3- Elite Juggler Game

#### Exercises to work on controls:

- 1- 2 x 2 (also very easy in teams of 3);
- 2- In a limited space. (Example: a serving square.);
- 3- They take turns making a check each and trying to keep the ball in play as long as possible. In the beginning, give an easy goal of completing a cooperative game by counting 15-30-40-game;
- 4- Once the student understands the concept of cooperation in striking upwards, you can have them play points. You can also make the elite juggler's area smaller and this will greatly increase the difficulty level.

