

TACTICAL, attack short balls by changing the distance and the direction of the ball

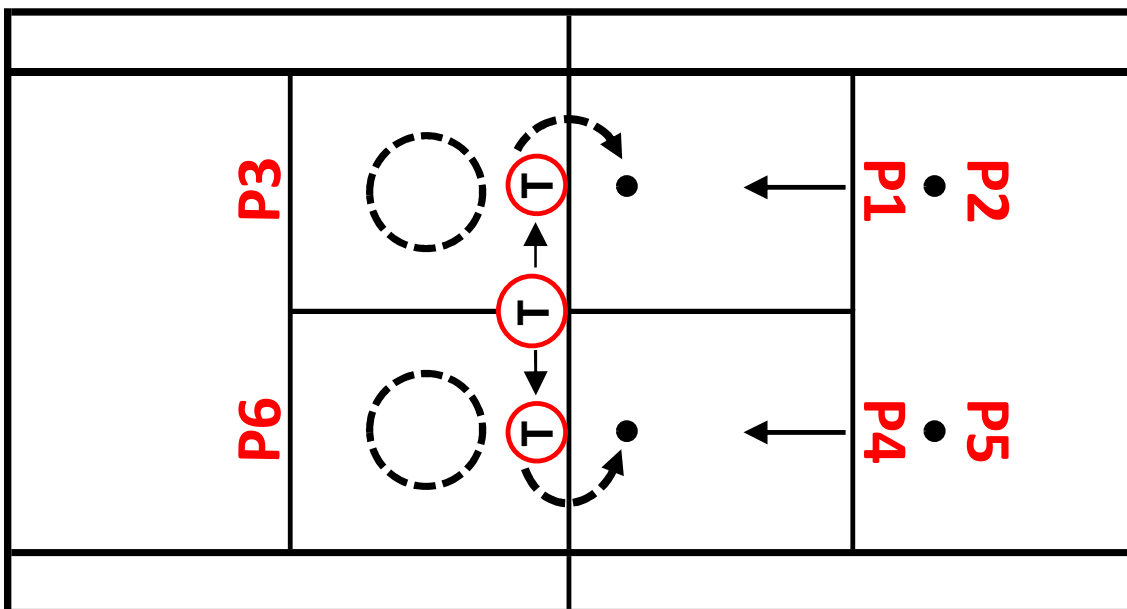


TIME: 20 minutes (LMM) – Forehand or backhand

TEACHING POINTS

Summary: Prepare the body (shoulder rotation) and racquet (-1), move forward sideways and adjust the shot to get the wanted distance and direction.

EXERCISE



Feed:

The teacher throws a short ball to the forehand or to the backhand of P1. After the feed to P1, he will do the same to P4.

Projection:

P1 hits the ball back outside the circle and play the point against P3.

Mobility:

To be allowed to play the point, P1 needs to hit the ball (the first one) outside the circle. At the end of the point, P2 takes over P1.

Scoring system:

The first player between P1 and P2 that wins 3 points takes over P3.

Rotation:

After 10 minutes, change the teams.