

CONTENTS TO BE WORKED ON: BASIC STROKES (FLAT BACKHAND STROKE WITH MOVEMENT)

SESSION TIME:		DEVELOPMENT OF THE SESSION:	GRAPHS
SESIÓN 1 HORA	SESIÓN 2 HORAS	WARM-UP	
INITIAL PART		<p>Exercise 1: the players are up against the net and throw balls underhand by hand trying to put the ball through the hoop. Then, the player at the front must hit backhand with parabolic trajectory towards the other side of the net trying to knock over the cones.</p> <p>Exercise 2: using half court down-the-line, maintain a forehand and backhand rally trying to get the ball to bounce inside the service box.</p> <p>Exercise 3: same as the previous exercise, but hitting crosscourt.</p> <p>Exercise 4: practice serves from the baseline.</p>	
15'	30'		
MAIN PART		<p>RALLY TRAINING</p> <p>Exercise 1: using half court crosscourt, the coach rallies from the baseline with a student who hits backhand crosscourt. On the other half court, two students also maintain a backhand rally. The waiting players are at the two net posts and enter at the first miss of one of their classmates. The player who misses goes to the post.</p> <p>Exercise 2: rally on half court crosscourt. The court puts the ball in play and the players maintain a crosscourt baseline rally. The players who are waiting are at the net posts and enter at the first miss of one of their classmates. The player who misses goes to the post.</p>	
15'	30'	<p>“CART” TRAINING WITH COACH</p> <p>Exercise 1: the coach throws from the cart, alternating, one ball to each of the students on the court who hit backhand, after moving (lateral or diagonal, forward or backward), towards the doubles alley. After each hit, the player must always return to the original position.</p> <p>Exercise 2: same as the previous exercise, but now the movement is vertical forward or backward.</p>	
15'	30'	<p>GAME</p> <p>Game 1: the “trio”.</p> <p>Winner 6 points. Finalist..... 3 points. Winner 6 points. Finalist 3 points</p>	
FINAL PART			
15'	30'		
TOTAL TIME			
60'	120'		