

**CONTENTS TO BE WORKED ON: BASIC STROKES (FLAT FOREHAND STROKE)**

SESSION TIME:		DEVELOPMENT OF THE SESSION:	GRAPHS
SESSION 1 HOUR	SESIÓN 2 HOURS	<b>WARM-UP</b> <b>Exercise 1:</b> the players face each other at the back of the court and make underhand forehand serves trying to knock over the cone after going over the net. <b>Exercise 2:</b> using the entire court, maintain a doubles FH rally trying to get the ball to bounce inside the service box. <b>Exercise 3:</b> using half court down-the-line, maintain a forehand and backhand rally trying to get the ball to bounce inside the service box. <b>Exercise 4:</b> practice serves from the baseline.	
<b>INITIAL PART</b>			
15'	30'		
<b>MAIN PART</b>		<b>RALLY TRAINING</b> <b>Exercise 1:</b> using half court down-the-line, the coach rallies from the baseline with a student who hits forehand down-the-line. On the other half court, two students maintain a FH & BH baseline rally. The waiting player enters at the first miss. <b>Exercise 2:</b> rally in wheel form. The coach puts the ball in play and two players maintain a rally from the back of the court hitting once each player. The waiting player enters at the first miss.	
15'	30'		
15'	30'	<b>“CART” TRAINING WITH COACH</b> <b>Exercise 1:</b> the coach throws from the cart, alternating, one ball to each of the students on the court who hit, standing still, forehand direction to the doubles alley. <b>Group's assigned task:</b> one player in the corner of the court, placed at the back fence, throws a ball by hand to one of the others, who, after the bounce, hits forehand towards the thrower's hands. <b>Exercise 2:</b> same as the previous exercise, but now there are four players in two lines who hit in wheel form. After the hit, the student must touch the back fence with his racquet.	
15'	30'		
<b>FINAL PART</b>		<b>GAMES</b> <b>Game 1:</b> singles grand slam. US Open : Winner ..... 6 points. Winner ..... 6 points. Roland Garros: Winner ..... 6 points. Winner ..... 6 points.	
15'	30'		
<b>TOTAL TIME</b>			
60'	120'		