

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

SESSION TIME:		DEVELOPMENT OF THE SESSION:	GRAPHS		
SESIÓN 1 HOUR	SESIÓN 2 HOURS	<p>WARM-UP</p> <p>Exercise 1: the players are up against the net and throw balls by hand underhand trying to put the ball through the hoop. Then, the player at the front must hit forehand 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, make 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>			
INITIAL PART					
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 forehand crosscourt. On the other half court, two students maintain a rally hitting with inside out forehand. The waiting players 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> <p>Exercise 2: the “king” – modified- on half court down-the-line (the coach puts the ball in play and the players maintain a down-the-line FH & BH baseline rally).</p> <hr/> <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, after moving (laterally or diagonally, 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 steps are vertical forwards or backwards.</p>			
15'	30'				
15'	30'				
FINAL PART				<p>GAME</p> <p>Game 1: the “trio”.</p> <p>Winner 6 points.</p> <p>Finalist..... 3 points.</p> <p>Winner 6 points.</p> <p>Finalist 3 points</p>	
15'	30'				
TOTAL TIME					
60'	120'				