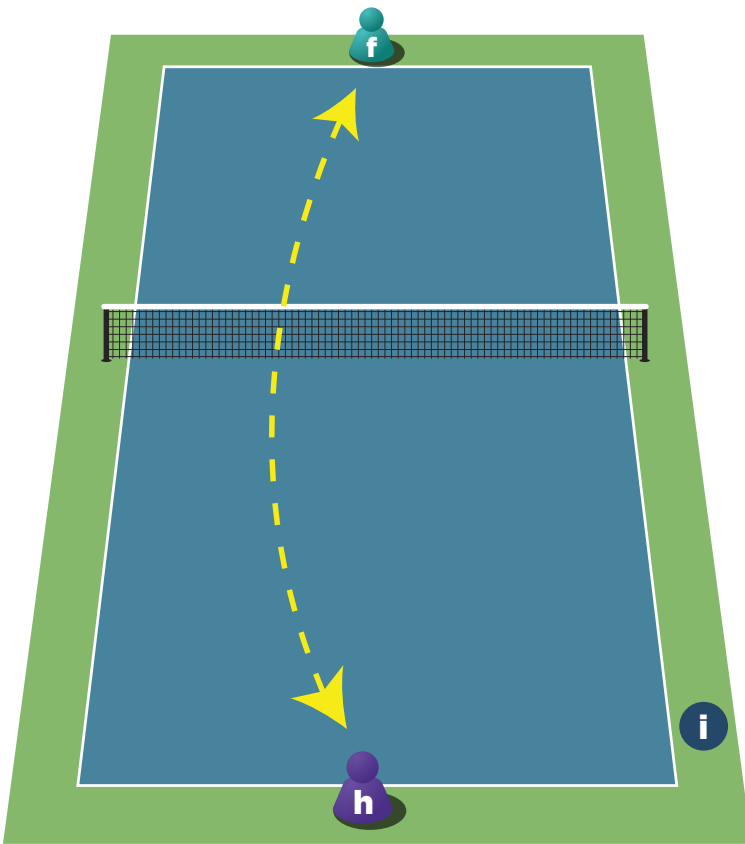


**Feed & Rally****TACTIC:**

Keeping the ball in play through consistent rallying.

**ACTIVITY:**

Players in pairs starting at opposite sides of the net. One player is the **"feeder"** and cooperatively **throws underhand** to a partner **hitting** forehand back to the feeder. Every time the feeder catches the ball the team wins one point. The team with the most rallies in a certain time (e.g. 2 minutes) wins. Make sure players alternate roles.

**Fundamental Teaching Points:**

1. Hitter must receive and send the ball in a **sideways** set up position.
2. Players must **recover** to home base after every shot using shuffle steps.
3. Ensure proper **grips** and **impact point** at a comfortable distance of body.

**LESS CHALLENGING:**

1. Allow players to stand closer to the net.
2. Allow hitter to self-rally before sending ball.
3. Allow feeder to use both hands to catch the ball.

**MORE CHALLENGING:**

1. Allow feeder to feed ball with a racquet.
2. Encourage player to hit the ball without self rally.
3. Allow hitter to use backhand only.