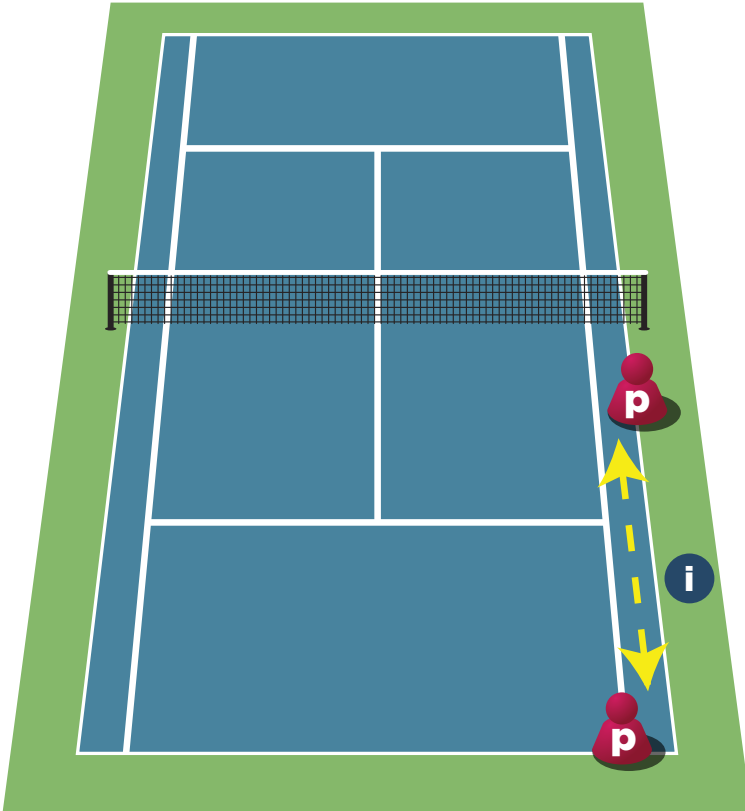


## Floor Rally in the Alley



### TACTIC:

Keeping the ball in play through control.

### ACTIVITY:

Players in pairs cooperatively **push the ball** back and fourth in between the doubles and singles line. Player receiving the ball must stop it before pushing it back. To gain one point players must keep the ball on the ground and the ball must not go out of the doubles alley. Play to a designated number of points. Make sure to practice the backhand side.

### Fundamental Teaching Points:

Ensure players are:

1. Using continental **grip**.
2. From a ready position turning **sideways** when receiving and sending the ball.
3. Pushing the **strings of the racquet towards their target** with the racquet parallel to the ground.
4. Stopping and sending the ball **in front of their front foot** while placing both feet on either the singles or doubles line.

### LESS CHALLENGING:

1. Allow players to send ball by using forehand or backhand only.
2. Make the playing area shorter.

### MORE CHALLENGING:

1. Allow players to alternate between forehand and backhand.
2. Allow players to push the ball without stopping.