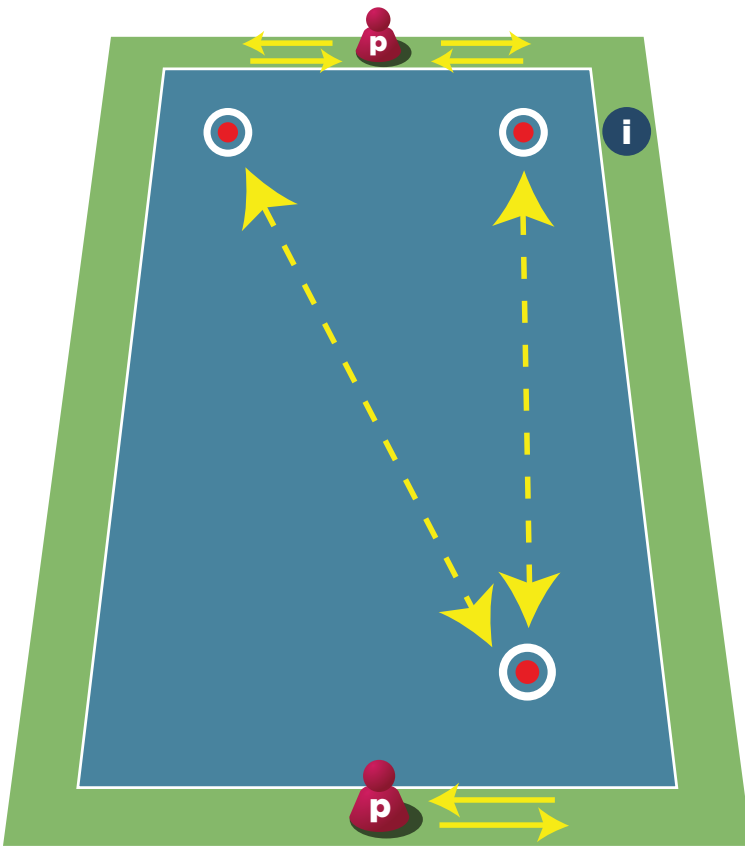


Floor Rally with Recovery



TACTIC:

Moving the opponent around by placing the ball crosscourt and down the line.

ACTIVITY:

Using the red court area players stand at home base (recovery) with one player **pushing the ball cross-court** then down the line while the other player always pushes back to the same corner. Players **continuously exchange the ball along the ground**. The rally is over if the ball goes out of the playing area or bounces off the ground. Players with the longest rally win.

Fundamental Teaching Points:

1. Players must always **recover** using shuffle steps back to center after pushing the ball.
2. Ensure players are **set up sideways** when projecting and receiving the ball.
3. Ensure players are **contacting** the ball in front of the leading foot with the **racquet facing target**.

LESS CHALLENGING:

1. Allow players to push down the line or only crosscourt.
2. Allow players to stop the ball before pushing.

MORE CHALLENGING:

1. Allow one player to push 1 crosscourt and 1 down the line, while the other player can only push crosscourt.
2. Allow players to try and increase the number of passes in a specified time (e.g. 2 minutes).