



Groundstroke Feed & Control

TACTIC:

Keeping the ball in play through coordination and consistency.

ACTIVITY:

Players in pairs cooperatively **share a ball using a forehand groundstroke**. One player starts by dropping and hitting the ball over the net towards their partner's play area. Player receiving the ball must **catch (trap)** the ball on the racquet before dropping and hitting it back to their partner. This counts as one sequence and gains the team one point.

Fundamental Teaching Points:

1. Ensure players have proper **grip**.
2. Ensure players catch and **impact point** is out in front and body in sideways set up position.
3. Ensure racquet is **facing target**.

LESS CHALLENGING:

1. Allow the players to catch the ball using hand only
2. Allow players to self rally before hitting the ball
3. Allow player to block the ball with the racquet, drop and catch the ball.
4. Allow players to stand closer to the net.

MORE CHALLENGING:

1. Allow players to catch the ball using the racquet only
2. Allow players to use backhand only
3. Allow players to alternate forehand and backhand