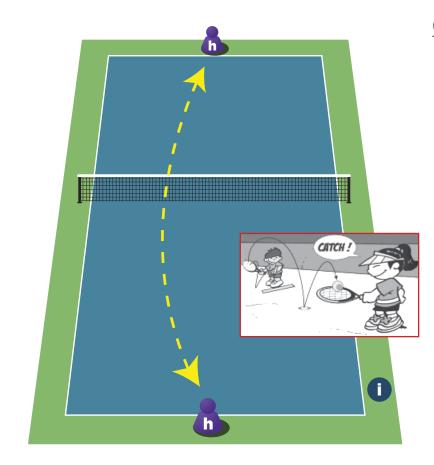
CAN RALLY





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

