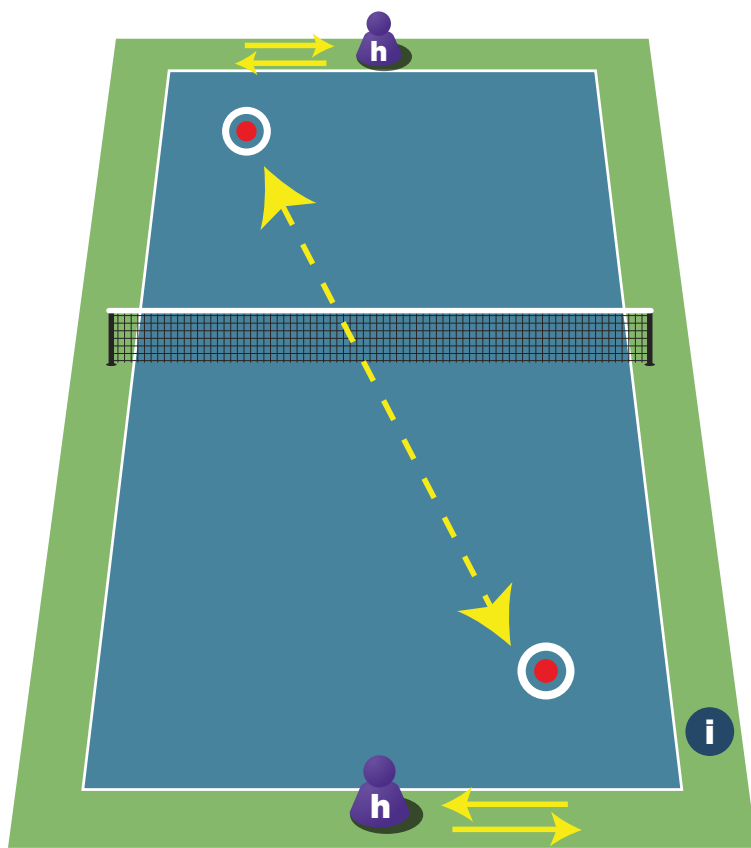


## Rally Crosscourt

**TACTIC:**

Moving an opponent and gain advantage.

**ACTIVITY:**

Players in pairs **cooperatively share a ball** using a crosscourt forehand groundstroke. Players count the number of rallies in 2 minutes.

**Fundamental Teaching Points:**

1. Ensure players are in a **set up sideways** position when receiving and sending the ball.
2. Ensure players impact the ball with **strings facing the target**.
3. Ensure players **recover** to home base.

**LESS CHALLENGING:**

1. Allow players to self rally and get set up before sending ball.
2. Allow players to stand closer to the net.

**MORE CHALLENGING:**

1. Allow players to use backhand only.
2. Encourage players to try and increase the number of rallies in 2 minutes.