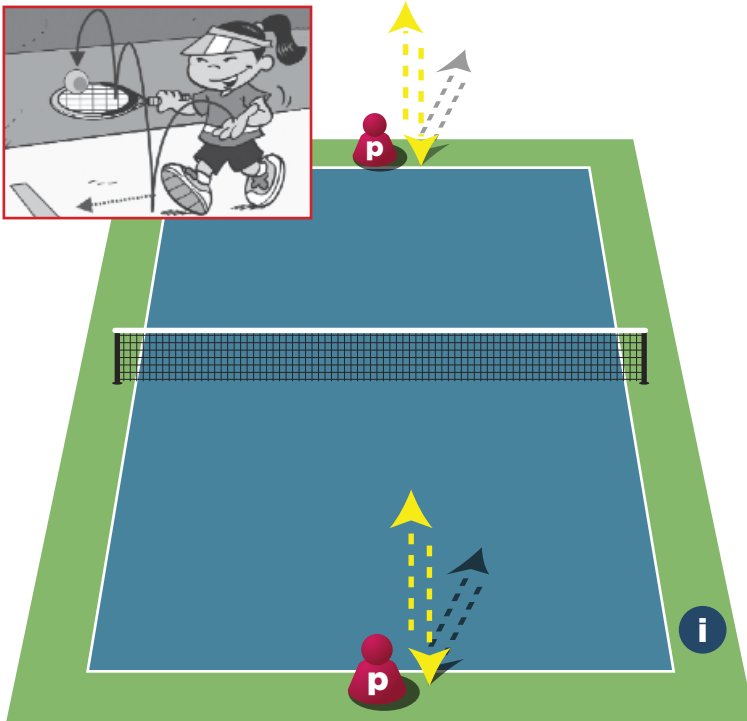


Self Rally**TACTIC:**

Controlling the ball to improve consistency.

ACTIVITY:

Players start in positions as if they were rallying. Each player performs a forehand **self rally** by gently hitting the ball just above head height and to a target on the ground. Players must self rally continuously for 5 times to get a point. No point is awarded if the player:

- Lets the ball bounce more than once.
- Does not send to head height or above.

Play the game to a designated number of points and make sure to practice the activity from the backhand side.

Fundamental Teaching Points:

1. Ensure players have continental **grip**.
2. When receiving and projecting the ball ensure players are **set up sideways** to the net.
3. Ensure players **impact the ball at waist height, out in front at comfortable distance from the body** when

LESS CHALLENGING:

1. Use a bigger target (doubles alley, service box).
2. Reduce the number of rallies needed to win a point.

MORE CHALLENGING:

1. Allow players to use backhand only.
2. Allow players to alternate one forehand and one backhand.
3. Allow players to win a point only if they hit the target on the ground.