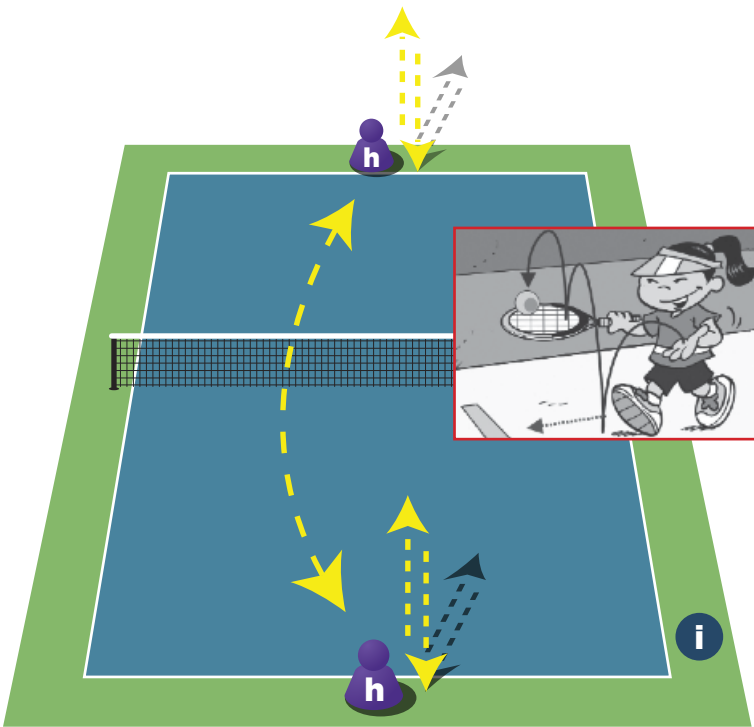


Groundstroke Rally with Self Rally



TACTIC:

Keeping the ball in play through consistency.

ACTIVITY:

Players in pairs **cooperatively share** a ball. Player must self rally before **hitting a forehand** groundstroke to their partner. The rally is over when:

- Player unable to racquet touch the ball after one bounce (double bounce).
- The ball lands outside the court lines after being sent over the net.

Players count number of forehands in 2 minute.

Fundamental Teaching Points:

1. Ensure players **impact ball** at waist level, **out in front** of leading foot at a comfortable distance from body.
2. Ensure the racquet is **facing target**.

LESS CHALLENGING:

1. Allow players to stand closer to the net.
2. Allow players to increase the number of self rallies.

MORE CHALLENGING:

1. Encourage players to reduce the number of self rallies until eventually no self rallies.
2. Allow players to use backhand only.
3. Encourage players to send the ball with a higher trajectory (hold a racquet over the net as a guide).
4. Encourage players to try and increase the number of rallies in a specified time.