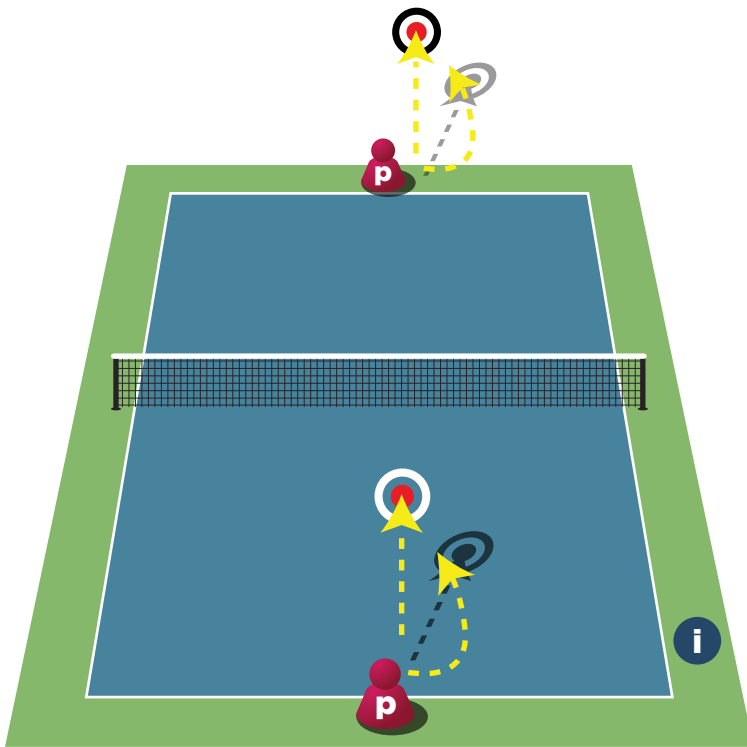


Flying Target (Toss & Throw Coordination)



TACTIC:

Starting an overhead serve with consistency.

ACTIVITY:

Players in pairs standing on the baseline close to the center (serve position). First player starts by standing sideways behind the service line with one ball in each hand. **The player tosses the ball in the air with his non-racquet hand, and then throws the ball in the racquet hand at the tossed ball.** Each player gets one attempt to score a point by succeeding to hit the tossed ball. Player switches off with partner after each attempt. Pairs with the most points wins.

Fundamental Teaching Points:

Ensure players are:

1. Set up slightly **sideways** before throwing the ball.
2. Tossing the ball gently into the **impact point**.
3. Reaching upwards from a **trophy position** with a good throwing action.

LESS CHALLENGING:

1. Allow player to practice tossing the ball with their non-racquet hand.
2. Allow player to practice throwing the ball with their racquet hand.

MORE CHALLENGING:

Allow players to count how many time in a row they can hit the ball.