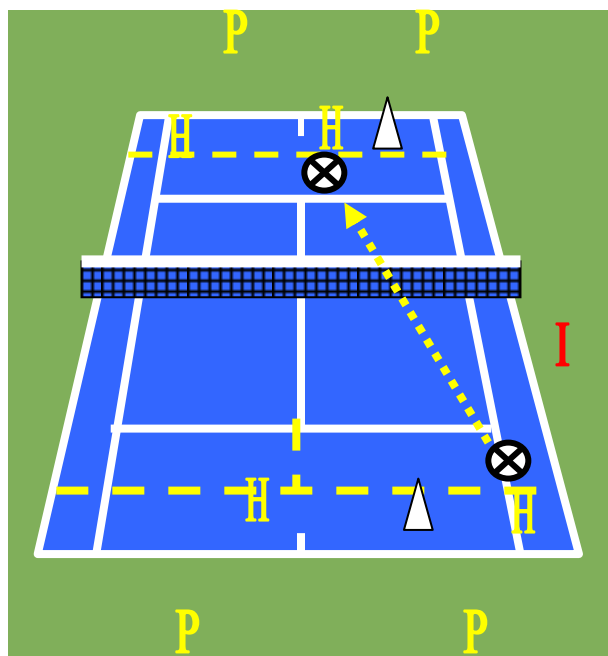




"I CAN RALLY"

PRATICE ACTIVITY P10



Rally Cross-court

Goal: To understand increasing consistency by choosing to hit 'High percentage' crosscourt shots.

Rules of the Game: Players are in teams (pairs) and cooperatively rally crosscourt back and forth to each other. Players must recover to "Home base" between every shot. Team with the longest rally wins.

The rally is over when:

- The ball bounces twice
- The ball goes out of the designated play area or in the net

For safety, start with both courts doing FH cross courts and then switch to BH (unless you have a left-hander).

Note: This activity can be done on Red, Orange (shown) or Green courts.

TACTICAL/TECHNICAL DEVELOPMENT

During the activity only highlight **one** technical element. The activity may be repeated multiple times to cover other elements.

TACTIC: Moving an opponent around

TECHNICAL KEY #1:

Hitting Zone: Help players direct the ball by understanding the ball goes wherever the racquet face is "looking". Make the racquet face extend towards the target for a long distance during the stroke.

TECHNICAL KEY #2:

Reception: Set-up: Groundstrokers must receive the ball in a sideways body position with the racquet prepared before the ball bounces.

TECHNICAL KEY #3:

Footwork: Players must recover to "home base" after every shot.

I AM A GOOD SPORT:

- Cooperate with partner

KEY: Instructor **I** Player **P** Feeder **F** Hitter **H** Server **S** Returner **R** Target

Marker Drop Down lines - - - Ball flight Red Court Net Player movement