

Learning Outcome: Development of ball control and awareness of targeting specific areas.

Activities

- Place three spot markers (one of each colour) in a line at staggered intervals from the wall (eg. 1m, 1.5m, 2m).
- Each player takes up one set of markers and follows the instructions.
- Coach provides a target for each player to achieve, incorporating forehand, backhands and variations of the three colours.
- For example:
 - Forehand: one onto green, one onto yellow, one onto red.
 - Backhand: five onto green, five onto yellow, five onto red.
 - Forehand: alternating from red to green.
 - Backhand: alternating from yellow to red.



Questions you could ask?

- What aspects can you change to enable you to get closer to the target (angle of swing, height on the wall, pace of shot)?
- What position should your shoulders be in relation to the wall?

Can you see?

- Changing of height on the wall to increase accuracy.
- Bending of the knees, side on position to the wall, getting under the bounce of the ball.