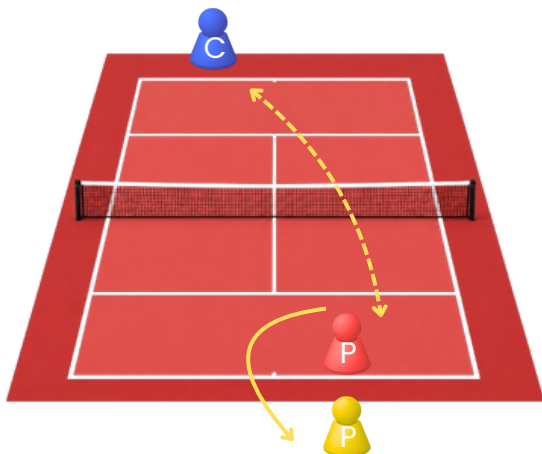




ROTATION RALLY, RECOVER IN FRONT



NUMBER OF PLAYER:

2-3 players.

INSTRUCTIONS:

Players rally cooperatively in a **rotational format**. After hitting the ball, each player recovers forward to the designated **recovery position** before preparing for the next shot.

DEVELOPMENT AREAS:

Coordination, Perception, BTR, Movement Patterns, Anticipation.

TEACHING POINTS:

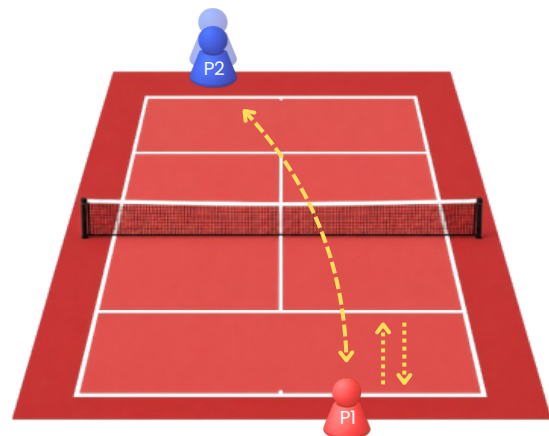
- Players should **recover immediately** after contact using quick adjustment steps.
- Encourage **balanced body position** before and after the shot.

VARIATIONS:

- Players keep the rally crosscourt only.
- The rally is played down the line only.
- Alternate crosscourt and down the line rally directions.



SELF RALLY SPLIT STEP



NUMBER OF PLAYER:

2 players per station.

INSTRUCTIONS:

Players work in pairs. P1 performs two self-rallies before hitting the ball over the net, while P2 performs a **split step with each racket contact**. The pair then continues rallying with an emphasis on split-step timing.

DEVELOPMENT AREAS:

Coordination, Perception, BTR, Movement Patterns, Anticipation, Attention.

PROGRESSION:

- One player performs **three self-rallies** before hitting the ball across the net. The partner focuses on timing the **split step just before the hitter makes contact with the ball**.