

GAME WITH TARGETS

Program 1



THEME : GAME WITH TARGETS

Material:

- A 60-70 cm hoop fixed on each side wall (gaffer tape), at the back of the service box and 20 cm below the side wall line.
- 4 ground marking angles made of flexible material, arranged in each corner of the court so as to materialize a rectangular area of 5 floor slats in width (30 to 35 cm) and 1.5 m in length, at the maximum.

Rules of the game: only **winning shots** hitting a target are counted and valued as follows: **1 point in front** on the 1st bounce, **2 points behind** on the 1st or 2nd bounce (bonus for length and consistency), **3 points on a boast** in front at the 1st bounce (bonus to tactics and precision), **1 bonus point** during the game for any ball in a **crossed trajectory in a hoop** (serve, service return, lob, cross shot, bonus to precision). The first player to reach or exceed 11 points, wins.

Tactical objective: Work on the length of the ball and the point construction in each corner of the court ([hitting the right shot at the right time](#)).

Technical objectives:

- Precision and regularity of trajectory length and width.
- Regularity of the moving sequence from T to T.
- Regularity on feet positioning and orientation in relation to the ball trajectory (distance taking).
- On **cross lobs**: slow arm control; play high to force the partner to volley behind the service box; consistency of ball accuracy below the side wall line.

Technical instructions:

- Have a similar preparation and gesture on the straight shots as on the boasts.
- Have a similar preparation and gesture on the different straight and cross shots as on the drop shots (only arm speed and follow-up speed change as well as the racket head opening at the impact momentum).
- Look for the right angle on the **boasts** (ball guidance, arm speed and follow-up) in order to reach the target.
- On **cross lobs**: open the racket head and have guidance and end of gesture towards zone 3 of the front wall; hit the ball far in front of the forward foot; go back to the T as soon as the shot is executed.

Mental objective: Combativeness.

Physical objective: Aerobic endurance.

Developments :

- More difficult: reduce surface area of ground targets.
- Easier: increase surface area of ground targets.
- Leveling values: **Player A** can score on all ground targets, **Player B** on 1 to 3 targets only. **Player A** counts points according to the scale, **Player B** counts 1 point on each winning shot.