

32 Exercises - Rally Builder Series

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1	GROUND SERIES	4	LOBSTER SERIES
1	Along the ground midline rolling - no racket	1	To oneself - 2 rackets - lift, bounce, trap
2	Along the ground midline rolling - racket	2	Over the net - 2 rackets - receive midline - send from side
3	Along the ground rolling - sideways with racket	3	Over the net - 2 rackets - receive on side - send from side
4	Along the ground rolling – between 2 cones	4	Over the net - 2 rackets - receive on side - lift, drop, send
5	Along the ground rolling - sideways with racket	5	THROW RALLY SERIES
		1	Throw Rally points cooperative - play ball simulating strokes
2	OVER THE NET SERIES	2	Throw Rally points competitive - play ball simulating strokes
1	Over the net - midline - close - no racket	3	Throw Rally points cooperative - ping pong doubles
2	Over the net - midline - further back - no racket	4	Throw Rally points competitive - ping pong doubles
3	Over the net - receive midline - send from side	6	JUGGLE RALLY SERIES
4	Over the net - receive on side - send from side - no racket	1	Juggle Rally 3-2-1 - close
5	Over the net – add circles on ground for XC-DTL	2	Juggle Rally 3-2-1 - further back
		3	Juggle Rally 3-2-1 - thumbs & knuckles
3	SELF RALLY SERIES	4	Juggle Rally zones - 3 times to each zone moving forward
1	Self Rally: lift, bounce, trap at different strike zones	7	ACTUAL RALLY SERIES
2	Self Rally: lift, bounce, tap up once, trap	1	Cooperative - close to net – Team scoring
3	Self Rally: lift, bounce, balance ball on strings (no trap)	2	Competitive rallies from baseline - scoring is head-to-head
4	Self Rally: continuous	3	Competitive points (serving) - scoring is part of a team score
5	Self Rally: continuous (thumb, knuckles, edges)	4	Competitive points (serving) - scoring is head-to-head
6	Self Rally: no bouncing on the ground - chop suey		