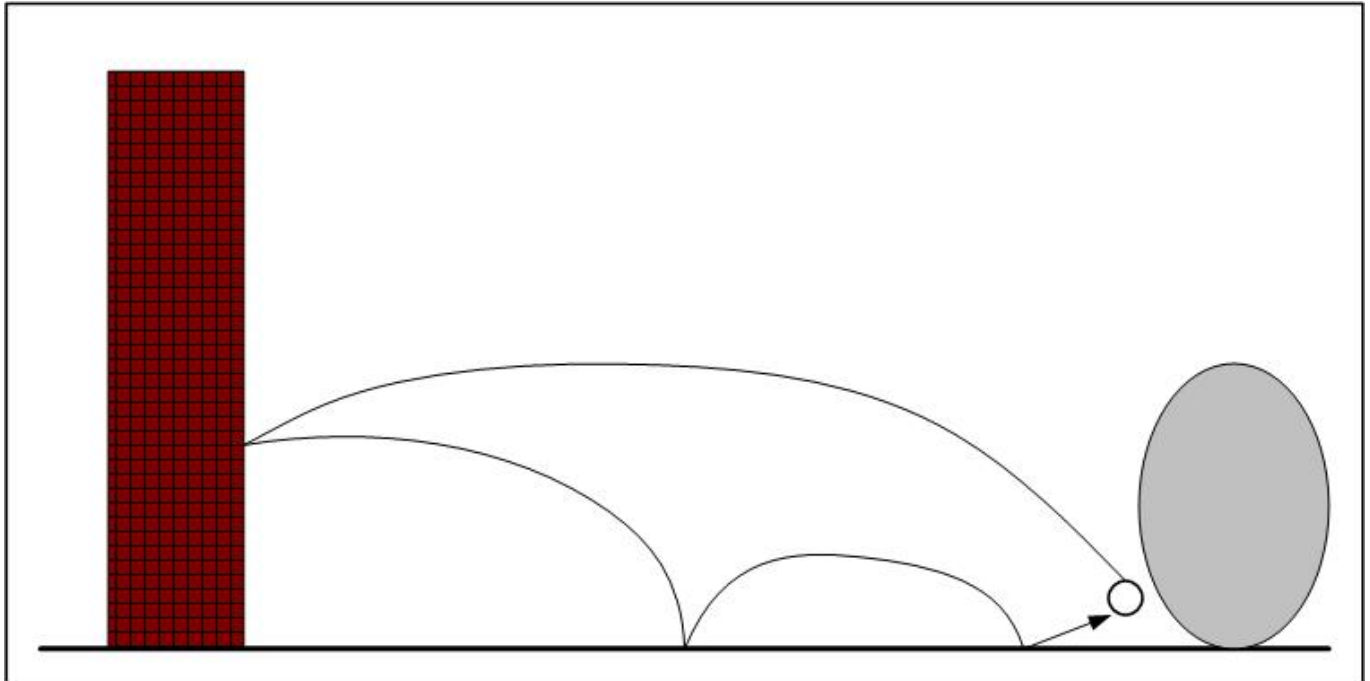


SUMMER SKILLS RECEIVING A BOUNCING BALL



Equipment Needed:

- Stick
- Ball
- Wall

Bounce the ball against the wall; control the bouncing rebound on your forehand.

Once you become good at controlling the ball on your forehand, try controlling the bouncing ball on your reverse.

You can also try this exercise with a tennis ball.

Coaching Points:

Get your body and stick behind the ball

Keep your stick upright and slightly angled forward

Watch the ball onto the stick

Receive the ball on the shaft, then take the ball on the right side in front of your right foot

For reverse receive on the left side of your body.