



Movement Skills: Backwards and Forwards

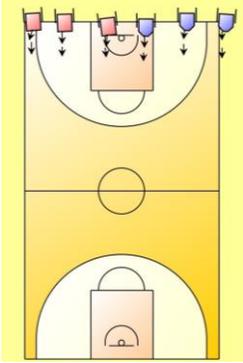


FIGURE 1

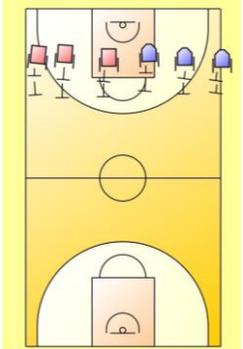


FIGURE 2

OBJECTIVE: To turn rapidly from backwards to forwards and vice versa.

Instructions:

1. Players start on the endline. (Figure 1)
2. Take two pushes and then turn/pivot 180° (facing the gym side wall). (Figure 1)
3. Take two pulls backwards, then turn/pivot 180° (Figure 2)
4. Take two pushes forward, turn/pivot, two pulls backwards, turn/pivot, repeat until the far baseline is reached.
5. Return to the starting line in the same manner.
6. Complete the designated number of repetitions.

Commented [KO1]: Add degree symbol or write degrees for all

Activity Rules / Games Approach:

- Two hard pushes each time.
- Always face the same wall when turning (There and back).
- The goal is to keep momentum going in one direction down court. (i.e. don't stop)

Commented [KO2]: Unclear?

Coaches Key Points:

- Player should use forward and backward volume of action for powerful pushes and pulls.
- Turns:
 - Use a two-handed pivot turn.
 - When at 170°, change to a two-hand push/pull to maintain momentum.
 - The chair will continue to rotate to 180°, and power can be provided in the direction of travel.

Variations/Loading:

- Set up length of court with markers (cones) spaced evenly.
- Use 1 push or 3 pushes per direction.

Mental:

- Internal narrow focus on technique.
- Visualize going in a continuous line along the court.