

Target practise - exercise 5

Exercise Target practise

Goal Accurate target hitting, eye-hand coordination

Material

- Tennis ball swinging from a rope, ball at chest level, and/or
- Target board 35cm x 50 cm (or paper) with numbers and letters
- Weapon is recommended, else index finger is your point

Action

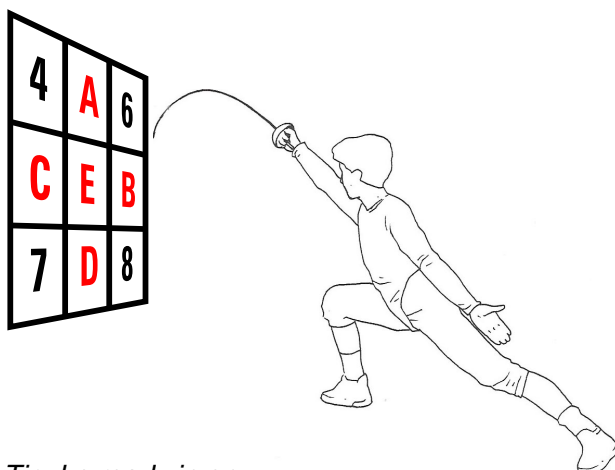
- Get in en garde position
- Ball: hit ball as your target
- Board: hit positions, letters or numbers

Repeat

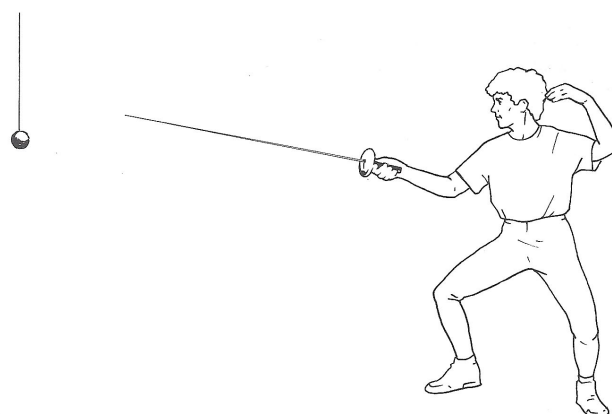
- Ball: try to hit ball 1x, then relax
- Ball: try to hit ball 3x or 5x in a row. Miss one? Do it again.
- Board: hit 6-4-7-8 / 8-4-6-7 / 7-4-6-8 etc
- Board: have dad call out number or letter and you hit, A-C-D-E etc

Check points

- 1) Keep eye on target you want to hit
- 2) If you don't use a weapon, use your index finger as "point"
- 3) Good balance
- 4) Quick stretch of hand and arm
- 5) Keep head and body vertical, don't lean to target



Tip: be ready in en garde and let someone call out letters/numbers to train quick reflexes.



Tip: try to hit tennis ball on every attack as many times in a row as you can.