



Fast and Accurate

ACTIVITY SHEET 010

Objectives: Work on the speed of communication between the BC3 athlete and their assistant.

Number of players: 1 vs 1

Equipment: Everything necessary to play a match.

Set up:

No preparation necessary.



Procedure:

- The match is played like a normal game. The only difference is that each player has only 20 to 30 seconds to play their ball.
- If the ball is not played within the specified time, the ball is lost for the end.

Note: The goal of the exercise is not to play all the balls, but to work on and simplify the communication between the athlete and the assistant so that it becomes fast and accurate.

This will reduce the time lost during a match due to lengthy and unclear communication.