

## Shuttle-time Video List & Playlist Links

Module	Videos
<p>Module 5 Lessons 1-10 10 Starter Lessons 46 videos</p>	<p>L1V1 Balloon Tap L1V2 Balloon Tap Relay Game L1V3 Backhand Thumb Grip with Balloon L1V4 Forehand Basic "V" Grip with Balloon L1V5 Grip Change with Balloon L2V1 Mirror Chase L2V2 Mirror Chase with Throwing L2V3 Grip Change Tic-Toc L2V4 Grip Change with Shuttle L2V5 Hitting with Change of Grips L3V1 Balance and Throw L3V2 Balancing Shuttles L3V3 Having a Lunge L3V4 Introduction Net Shots Backhand and Forehand L3V5 Playing a Net Rally L4V1 Balance Exercise L4V2 Happy Feet L4V3 Chasse Steps for Net Play L4V4 Playing a Net Rally L5V1 Tagging Game L5V2 Chasse Game L5V3 Chasse and Hit: Forehand Side L5V4 Chasse and Hit: Backhand Side L5V5 Group Feed with Choice L6V1 "Statues" L6V2 Net King L6V3 Table Tennis Style Net Doubles L6V4 "Merry-Go-Round" L7V1 Racket and Shuttle Relays L7V2 Keep the Shuttle Up: Thumb Grip L7V3 Backhand Short Serve L7V4 Backhand Serve: Team Competition L7V5 Net Singles L8V1 Shuttle Run Team Game L8V2 Dynamic Balance L8V3 Backhand Lift L8V4 Backhand Lift "Merry-Go-Round" L9V1 Calf Touching L9V2 Balance the Racket L9V3 Forehand Lift L9V4 Forehand Lift: "Merry-Go-Round" L9V5 The Golf Game L10V1 Dice Run Game L10V2 Balancing Shuttles 2 L10V3 Forehand and Backhand Life Merry-Go-Round L10V4 Net Shot and Lift Rally</p> <p><a href="http://www.youtube.com/playlist?list=PLtWe11JJu86UU-rDQZ_fNOti0TyIFYrp">http://www.youtube.com/playlist?list=PLtWe11JJu86UU-rDQZ_fNOti0TyIFYrp</a></p>

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<p>Module 6 Lessons 11-12 Swing and Throw 8 videos</p>	<p>L11V1 Throwing Game L11V2 Keep The Court Free L11V3 Introducing Racket Speed L11V4 Flat Play L12V1 Throwing Team Game L12V2 Relay Games "Run and Throw" L12V3 Midcourt Game with Body Hits L12V4 How Many Shots Per Minute?</p> <p><a href="http://www.youtube.com/playlist?list=PLtWe11JJu86V23BqHiGMnAQCHB4KiObAe">http://www.youtube.com/playlist?list=PLtWe11JJu86V23BqHiGMnAQCHB4KiObAe</a></p>
<p>Module 7 Lessons 13-18 Throw and Hit 24 videos</p>	<p>L13V1 Scissor Jump L13V2 Scissor Jump Practice L13V3 Forehand Clear L13V4 Forehand Clear Rally L14V1 Throwing Game with Scissor Jump L14V2 Forehand Clear Rally with Tricks L14V3 Forehand Clear Practice L14V4 Forehand Clear Game L15V1 Mobility Exercises L15V2 Scissor Jump Revision L15V3 Overhead Drop Shot L15V4 Lifts and Drops L16V1 Shuttle Chase L16V2 Plank Exercises - Core Stability L16V3 Lift-Drop-Net L16V4 Lift-Drop-Net Variations L16V5 Half Court Singles with "No-Go" Area L17V1 Fast Feet L17V2 The Smash L17V3 Block Defence L17V4 Smash and Block Defence Practice L18V1 Group Agility L18V2 Lift-Smash-Block L18V3 Half Court Singles with 'Winner Smash'</p> <p><a href="http://www.youtube.com/playlist?list=PLtWe11JJu86W_8byzFTOfIbERPbBMMGi">http://www.youtube.com/playlist?list=PLtWe11JJu86W_8byzFTOfIbERPbBMMGi</a></p>
<p>Module 8 Lessons 19-22 Learn to win 14 videos</p>	<p>L19V1 Agility Ladder 1 L19V2 Half Court Singles with Tactics 1 L19V3 Half Court Singles with Tactics 2 L19V4 Half or Full Court Singles with Tactics 1 and 2 L20V1 Agility Ladder 2 L20V2 Half Court Team Game L20V3 Half Court Singles Team Game L21V1 Revision of Backhand Serve L21V2 Midcourt and Front Court Play L21V3 Positional Play in Doubles L22V1 The Stone Game L22V2 Mid-Court Game 1 L22V3 Mid-Court Game 2 L22V4 Doubles Exercise and Game</p> <p><a href="http://www.youtube.com/playlist?list=PLtWe11JJu86VjXSobZRtti8WhGdo97Sch">http://www.youtube.com/playlist?list=PLtWe11JJu86VjXSobZRtti8WhGdo97Sch</a></p>

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