

COOPERATION, develop the basic abilities to serve with more consistency



TIME: 15 minutes (LMM) – Serve

TEACHING POINTS

A) Preparation:

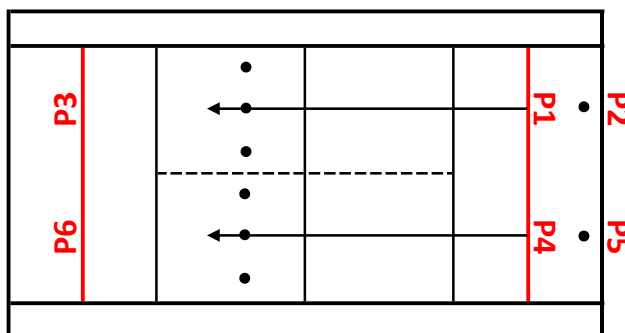
- Slightly sideways position, good stance;
- 1/2 movement with eastern grip.

B) The shot:

- The shot with the use of the body (hips and shoulders rotation);
- Point of impact (horizontal) above the head to favor balls in the 2nd window;
- Racquet trajectory from low to high.

Summary: Prepare in a 1/2 movement, toss the ball above the head and hit the ball from low to high with the participation of the body (hips and shoulders rotation).

EXERCISE



Feed:

In a 1/2 movement position, P1 executes a serve (2nd window) towards the target on the ground.

Projection:

In the waiting position (racquet at 45 degrees), P3 must prepare the body (turn the shoulders) and racquet (C) before the bounce of the ball and plays the point against P1.

Mobility:

To have the right to play the point, P3 must hit the ball (1st received ball) in the comfort zone of the point of impact.
At the end of the point, P1 gives his place to P2.

Scoring system:

The player who scores the most points in 5 minutes.

Rotation:

Change the roles every 5 minutes.

Considerations (if needed):

- Educate students for the waiting position to place the head of their racquet at a 45 degrees angle, which will help the C preparation;
- Educate the students to hit the ball (serve and shot after bounce) with the body (hips and shoulders rotation);
- You can guide the student on the return of serve on the change of grip on the backhand (hold the heart of the racquet and use the free hand for the change of grip).