

COOPERATION, learn to control the direction of the ball to improve consistency on the serve

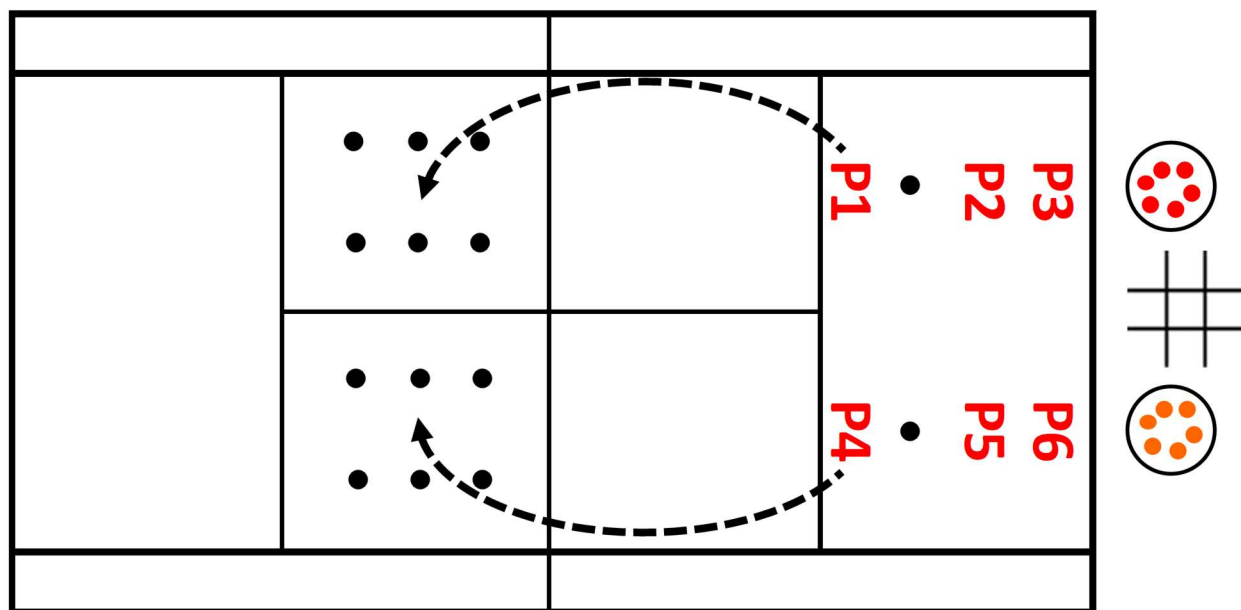


TIME: 15 minutes (LMM)

TEACHING POINTS

Summary: *Position both feet and shoulders towards the target and hit towards the target (hitting zone).*

EXERCIE



Feed:

P1 executes a serve towards the target on the ground in front of him, P4 does the same towards the target in front of him.

Mobility:

When players have successfully sent their serve inside the target on the ground, they must take 1 ball from the hoop at the back of the row and place it in the grid (tic-tac-toe game). Players use red balls all the time. One hoop will contain red balls and the other hoop orange dot balls to differentiate them in the tic-tac-toe game.

Scoring system:

The first team that gets a tic-tac-to (full lane of red or orange balls) win.

Rotation:

Change teams after each game.