

**COOPERATION, controlling the direction of the ball in order to improve consistency on the serve**

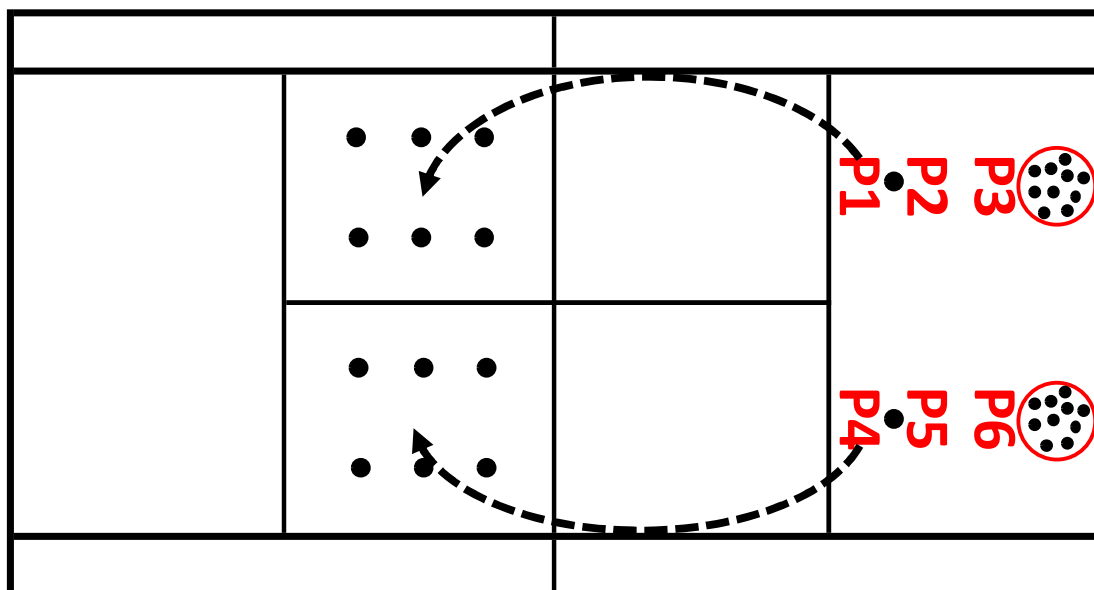


**TIME: 15 minutes (LMM)**

**TEACHING POINTS**

**Summary:** Place feet and shoulders in the direction of the target and hit the ball in direction of the target (hitting zone).

**EXERCISE**



**Feed:** P1 executes a serve in direction of the target on the ground. P4 does the same in direction of the target in front of him.

**Mobility:** If P1 put its shot correctly in the target on the ground, he must take a new ball in the circle behind his line. If he misses, he must go retrieve his ball on the other side of the net and come back at the end of his line.

**Scoring system:** The first team that empties the circle which contains 10 balls at the beginning of the game.

**Rotation:** Change teams after each game.