

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

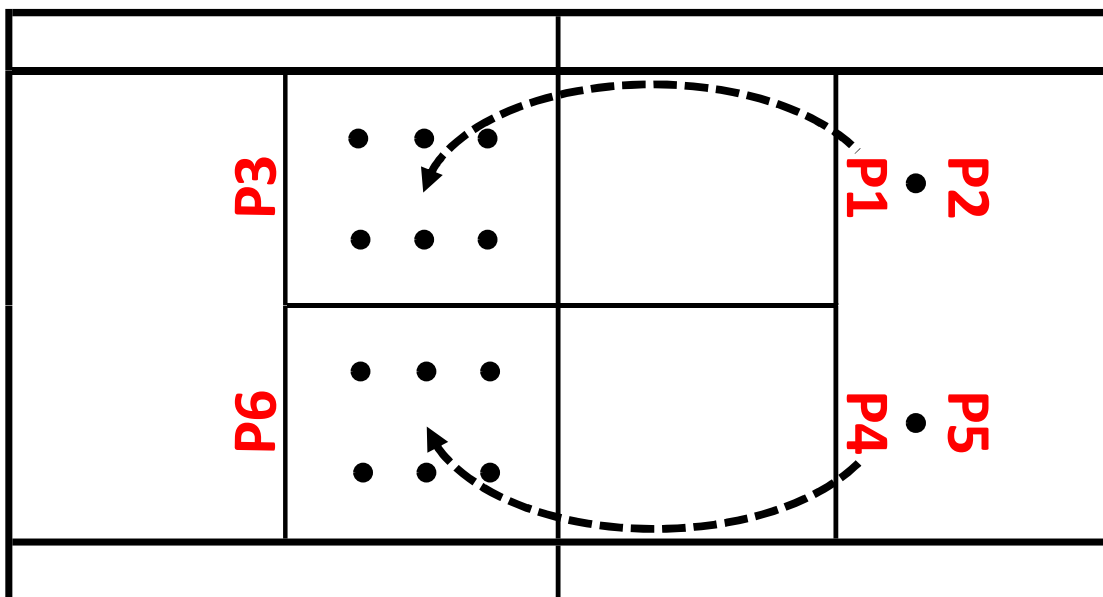


TIME: 15 minutes (LMM)

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 towards the target on the ground in direction of P3. P4 does the same in direction of P6.

Projection: P3 must catch the ball (after a bounce on the ground) in his hands or in a cone.

Mobility: After his shot, P1 must leaves his place to P2.

Scoring system: The trio gets 1 point when the players succeed in their sequence (P1 hits the ball inside the target and P3 catches the ball). Game of 10 points.

Rotation: Change roles and teams after each game.