

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

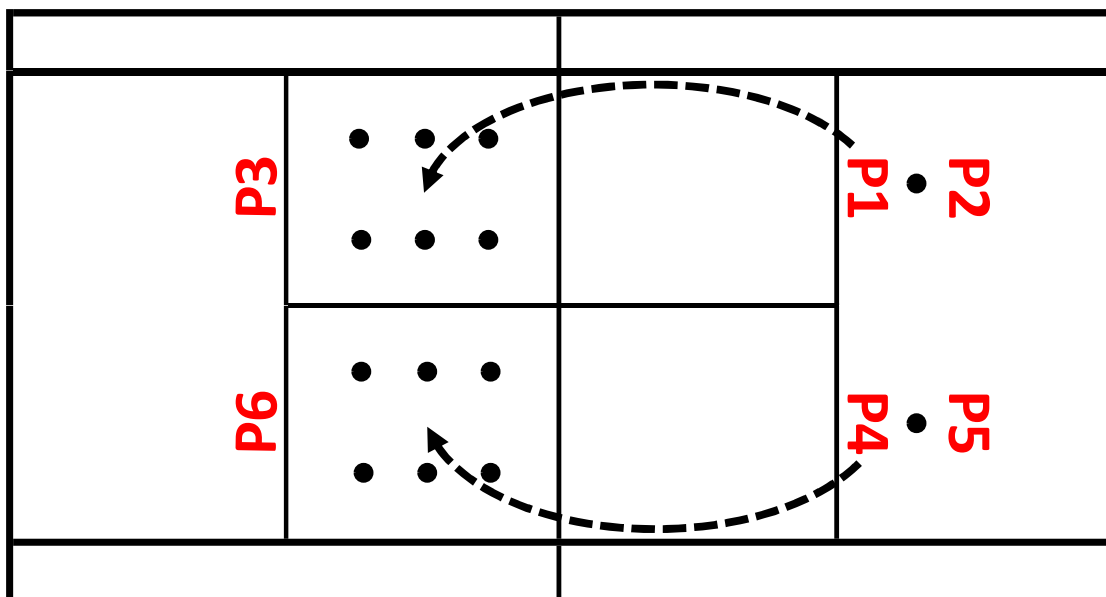


TIME: 15 minutes (LMM)

TEACHING POINTS

Summary: *Keeping an arched ball and finding the right racket head speed in order to have the right distance.*

EXERCISE



Feed: P1 executes a serve towards the target on the ground in P3's direction. P4 does the same in P6's direction.

Projection: P3 must block the ball, let it bounce once on the ground and catch it with his free hand or stop it in his racquet.

Mobility: After his shot, P1 gives his place to P2.

Scoring system: The trio gets 1 point when players achieve their sequence (P1 hits the ball inside the target on the ground, P3 blocks the ball, lets the ball bounce once on the ground and catching it with his free hand or stopping it in his racquet). Game of 10 points.

Rotation: Change roles and teams after each game.