

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

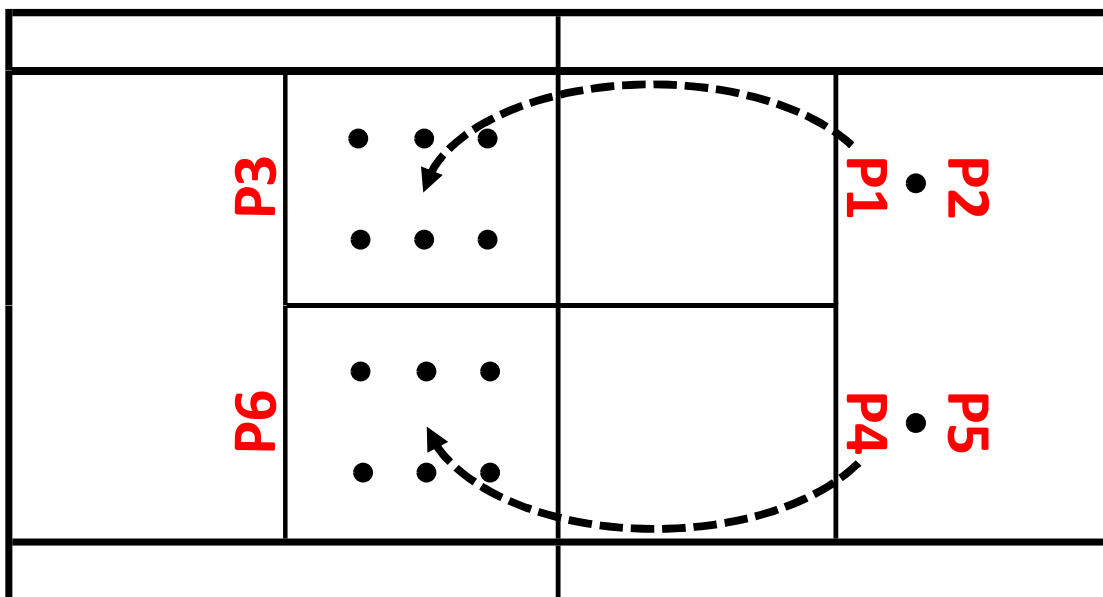


TIME: 20 minutes (LMM) – Forehand, backhand

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 stop the ball, let it bounce once on the ground and hit the ball on the other side of the net inside the court.

Mobility: After his shot, P1 must leave his spot 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 stops the ball, let's it bounce once on the ground and hits the ball inside the court). Game of 10 points.

Rotation: Change roles and teams after each game.