

COOPERATION, control the direction of the serve to improve consistency



TEMPS: 15 minutes (LMM) – Serve

TEACHING POINTS

A) Preparation:

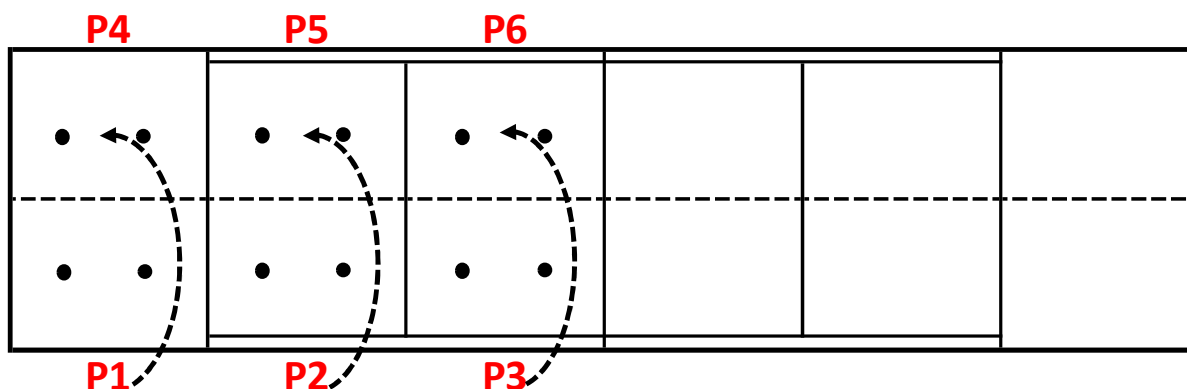
- Place feet and shoulders in the direction of the target;
- 1/8 motion. Racket over head with racket face (horizontal angle) straight towards the target (eastern grip).

B) The Shot:

- Racket trajectory from bottom to top;
- Hitting zone (racket trajectory towards target).

Summary: Prepare with 1/8 motion, throw the ball slightly backwards and hit the ball from bottom to top towards the target (hitting zone).

EXERCISE



Feed:

In the 1/8 motion position, P1 executes a serve (3rd window) between the targets on the floor.

Projection:

In the waiting position, P4 returns the ball and plays the point against P1.

Mobility:

In order to play the point, P1 must execute a serve with an arched trajectory (3rd window) inside the ground target.

Scoring system:

The player who scores the most points in 5 minutes.

Rotation:

Switch roles and opponents every 5 minutes.

Considerations (if needed):

- Remind students of the importance of keeping the ball in the 2nd window when playing the point. The teacher may cancel or take away the point from the offending player.