

COOPERATION, develop basic skills to improve consistency on the serve



TIME: 10 minutes (LMM) – Serve, full motion 1-count

TEACHING POINTS

A) Preparation:

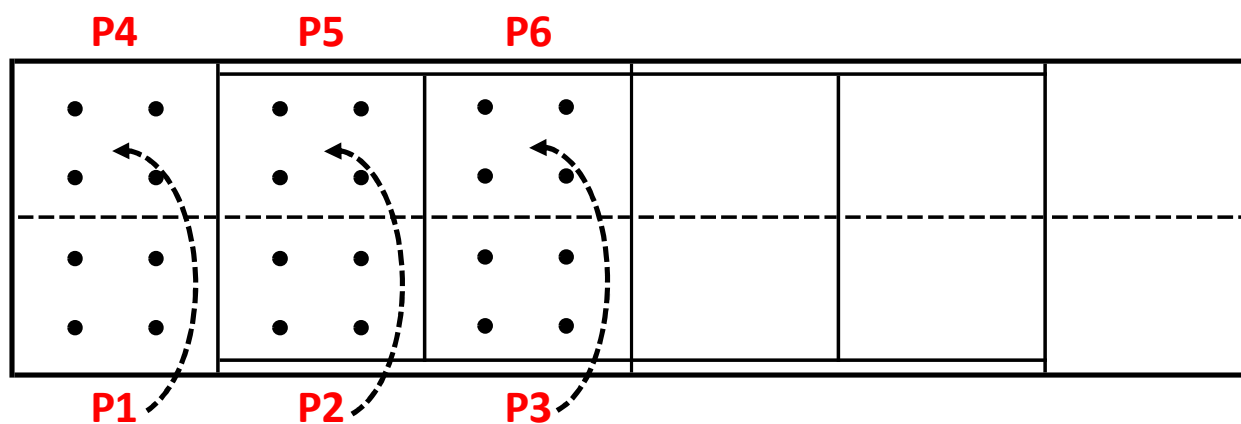
- Eastern grip;
- U shape and toss.

B) The Shot:

- Point of impact (horizontal) slightly to the rear to favor balls with arched trajectories (3rd window);
- Trajectory of the racket from bottom to top.

Summary: *Racket fixes the net, U, toss AND hit upward.*

EXERCISE



Feed:

P1 executes a one-count serve (3rd window) towards the target on the floor.

Projection:

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

Mobility:

In order to play the point, P1 must execute a 1-count serve with an arched trajectory (3rd window) inside the ground target. P4 must (on the first ball received) hit the ball in the point of impact comfort zone.

Scoring system:

The player who scores the most points in 5 minutes.

Rotation:

Switch roles after 5 minutes.

Considerations (if needed):	<ul style="list-style-type: none">• When introducing the complete movement in 1-count, educate students to respect the rhythm of the movement (U, toss AND hit);• Remind students to hit the ball (serve and shots) with the body (hips and shoulders rotation) and not just with the arm;• Oblige players during the point to maintain the ball at least in the 2nd window.
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