

SINGLE GAME



TIME: 10 minutes (LMM) – Single match

TEACHING POINTS

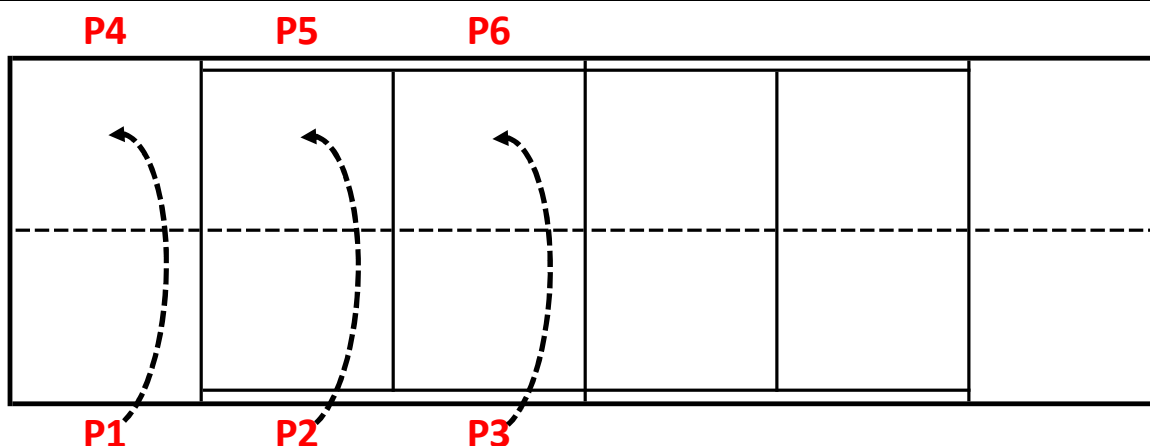
A) Scoring system:

- Explain the scoring system WITHOUT advantage (15, 30, 40 and game);
- 2 chances on serve.

B) The Shot:

- Racket trajectory from bottom to top.

EXERCISE



Feed:

P1 performs a serve inside the service box. If P1 misses his serve, he gets a second chance.

Projection:

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

Mobility:

In order to play the point, the serve must pass through at least the second window.

Scoring system:

Game with scoring system without advantage (15, 30, 40 and game).

Rotation:

Change opponents after 5 minutes.