

SINGLE GAME



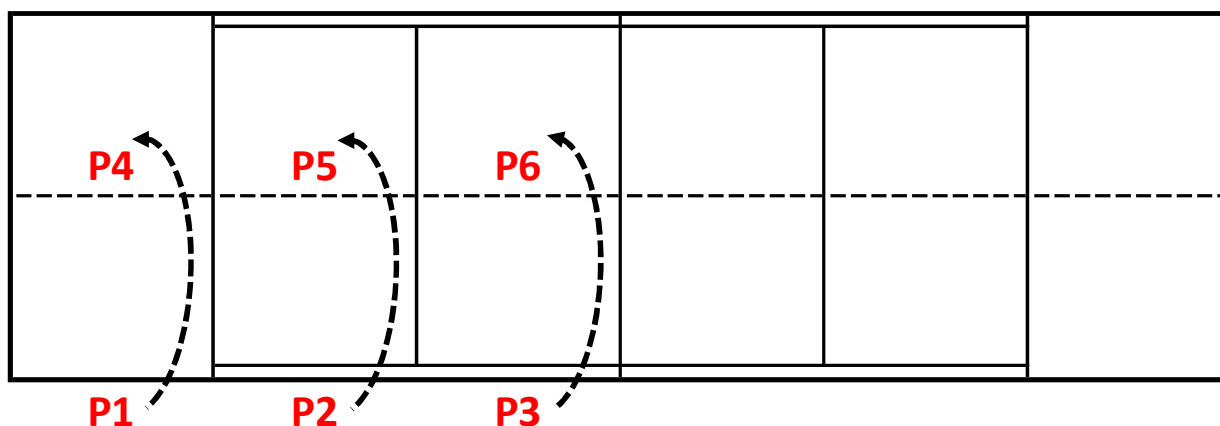
TIME: 15 minutes (LMM) – Single match

TEACHING POINTS

A) Scoring system:

- explain the scoring system WITH advantages (15, 30, 40 and game, ad in, ad out);
- 2 chances on serve.

EXERCISE



Feed:

P1 performs a serve towards P4. If the serve fails, P1 has 2 chances to serve.

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 be done at least in the second window.

Scoring system:

Game with scoring system with advantages. As an option, you can start the game at 40-40.

Rotation:

Switch the roles of the opponents after 5 minutes.