

COOPERATION, develop basic skills to improve consistency on the serve



TIME: 7 minutes (LM) – Serve (full motion)

TEACHING POINTS

A) Preparation:

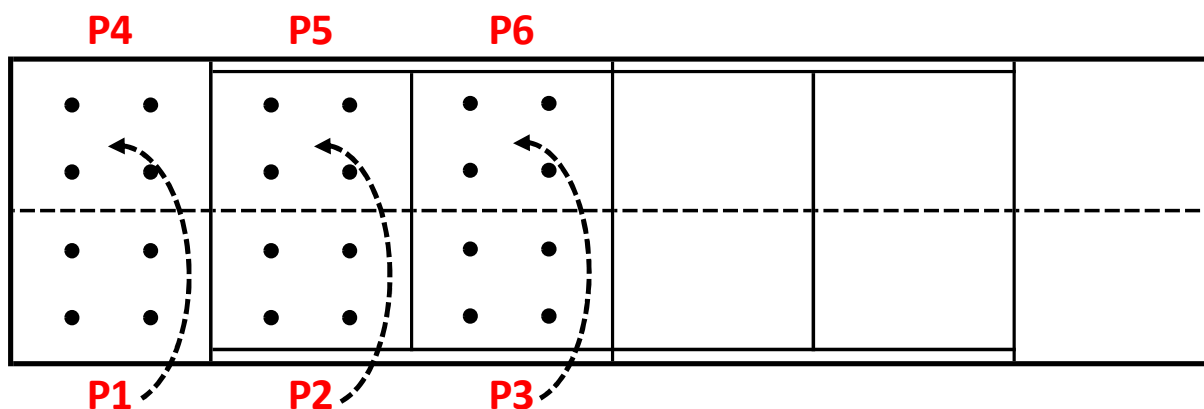
- Slightly sideways position, good stance;
- Racket fixes the net, U and toss.

B) The Shot:

- Hit with the body hips and shoulders rotation);
- Point of impact (horizontal) slightly to the rear to favor balls with arched trajectories (3rd window);
- Racket trajectory from bottom to top.

Summary: *U, toss AND hit upward with body participation (hips and shoulders rotation).*

EXERCISE



Feed:

P1 executes a serve in the 3rd window towards the target on the floor.

Projection:

In the waiting position, P4 must identify the forehand or backhand and block the ball (with right grip) in the comfort zone and then execute a serve.

Considerations (if needed):

- Educate students of hitting the ball (serve and post-bounce shots) with the body (hips and shoulders rotation) and not just with the arm.