

**COOPERATION, develop basic skills to improve consistency on the serve**



**TEMPS: 10 minutes (LMM) – Serve**

**TEACHING POINTS**

**A) Preparation:**

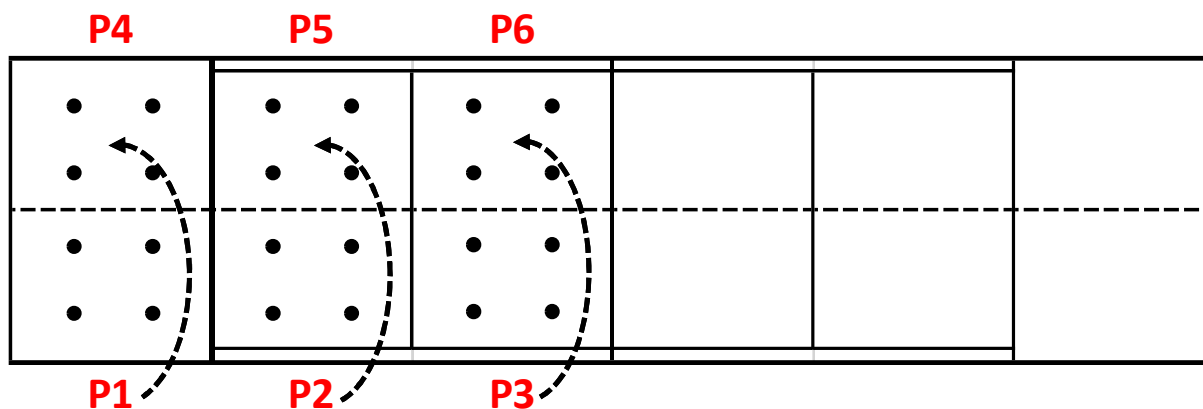
- Slightly sideways position, good stance;
- Racket fixes the net, U and toss.

**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 (3<sup>rd</sup> 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 3<sup>rd</sup> 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 serve with an arched trajectory (3<sup>rd</sup> window) inside the ground target and P4 must (on 1<sup>st</sup> ball received) hit the ball into the impact point comfort zone.

**Scoring system:**

The player who scores the most points in 5 minutes.

**Rotation:**

Switch roles and opponents after 5 minutes.