

OPPOSITION, on the serve, control the trajectory and the direction on the ball to attack the opponent



TIME: 15 minutes (LMM) – Serve

TEACHNING POINTS

A) Preparation:

- Feet and shoulders towards the target;
- Racket fixes the net, U, toss.

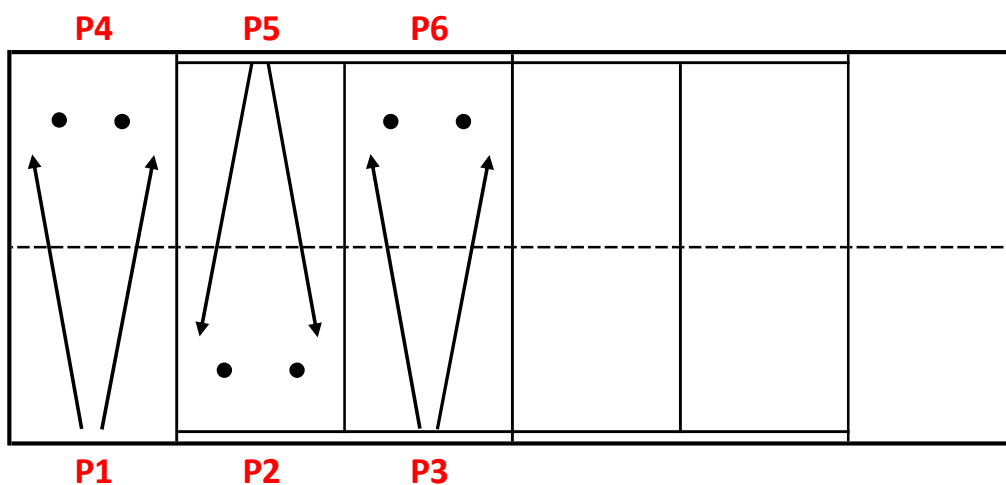
B) The Shot:

- Impact point (horizontal) slightly to the rear for 3rd window and above the head for 2nd window.

Summary:

Racket fixes the net, U, toss AND hit the ball slightly to the rear (horizontal impact point) for 3rd window and above the head for 2nd window.

EXERCISE



Feed:

P1 performs a service outside the center zone. If it misses, P1 gets a second chance to serve.

- 1st ball = 2nd window;
- 2nd ball = 3rd window.

Projection:

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

Mobility:

In order to play the point, P1 must serve outside the center court area (except on the second service ball where the teacher accepts that the ball falls into the service box only).

Scoring system:

The player who scores the most points in 5 minutes.

Rotation:

Switch roles and opponents every 5 minutes.

Considerations (if needed):

- Remind students to adjust the ball tossing depending on whether they want to serve in the 2nd or 3rd window.