

COOPERATION, develop basic skills to improve consistency on the serve



TIME: 10 minutes (L or LM) – Serve

TEACHING POINTS

A) Preparation:

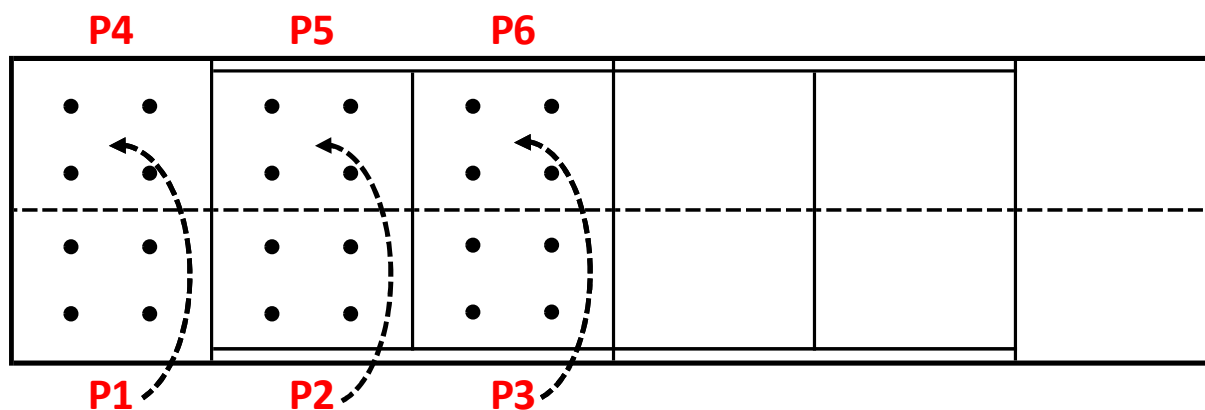
- Slightly sideways position, good stance;
- 1/8 motion. Racket overhead with racket face (horizontal angle) straight towards the target (eastern grip);
- Start the hand that toss the ball at eye level.

B) The Shot:

- Point of impact (horizontal) slightly to the rear to favor balls with arched trajectories (3rd window);
- Racket trajectory, from bottom to top.

Summary: *Prepare with 1/8 motion with racket face straight towards the target (eastern grip), throw the ball slightly backwards and hit the ball from bottom to top.*

EXERCISE



Feed:

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

Projection:

In waiting position, P4 must identify the forehand or backhand before the ball bounces (having the right grip) and return the ball inside the service box.

Scoring system:

Option n°1: none.
 Option n° 2: 1 point for the duo when the serve and return are within their respective targets. The duo that makes the most points in 5 minutes.

Rotation:

Switch roles after 5 minutes.

Considerations (if needed):	<ul style="list-style-type: none">• Educate students to hit the ball within the point of impact comfort zone;• You can allow up to 2 juggles if the reception of the serve is a bit difficult;• You can educate the student on the return waiting position (racket in the middle);• Remind players to keep balls with arched trajectories during serves and rallies;• Make sure the hand that throws the ball is at eye level to make it easier to toss the ball.
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