

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



**TIME: 10 minutes (LMM) – Serve**

**TEACHING POINTS**

**A) Preparation:**

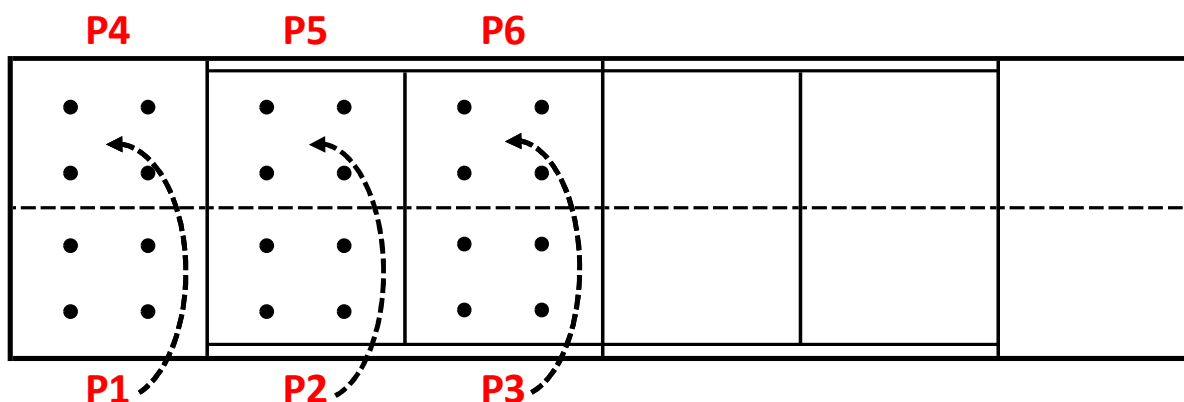
- Slightly sideways position, good stance;
- 1/8 motion. Racket above the head with racket face (horizontal angle) straight towards the target (eastern grip). Start the hand that toss the ball at eye level.

**B) The Shot:**

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

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

**EXERCISE**



**Feed:**

In the 1/8 motion position, P1 executes a serve (3<sup>rd</sup> window) towards the target on the floor.

**Projection:**

In the waiting position, P4 must prepare his body (turn shoulders) and racket (-1) before the ball bounces and plays the point against P1.

**Mobility:**

In order to play the point, P1 must serve into the 3<sup>rd</sup> window inside the ground target.

**Scoring system:**

The player who scores the most points in 5 minutes.

**Rotation:**

Switch roles and opponents after 5 minutes.

<b>Considerations (if needed):</b>	<ul style="list-style-type: none"><li>• Make sure during the point that the balls travels at least in the 2<sup>nd</sup> window. The teacher have the right to give 1 free point to the non-offending player;</li><li>• Make sure the hand that throws the ball is at eye level to make it easier to toss the ball.</li></ul>
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