

**COOPERATION, control the height on the serve to promote consistency**



**TIME: 10 minutes (LMM) – Serve**

**TEACHING POINTS**

**A) Preparation:**

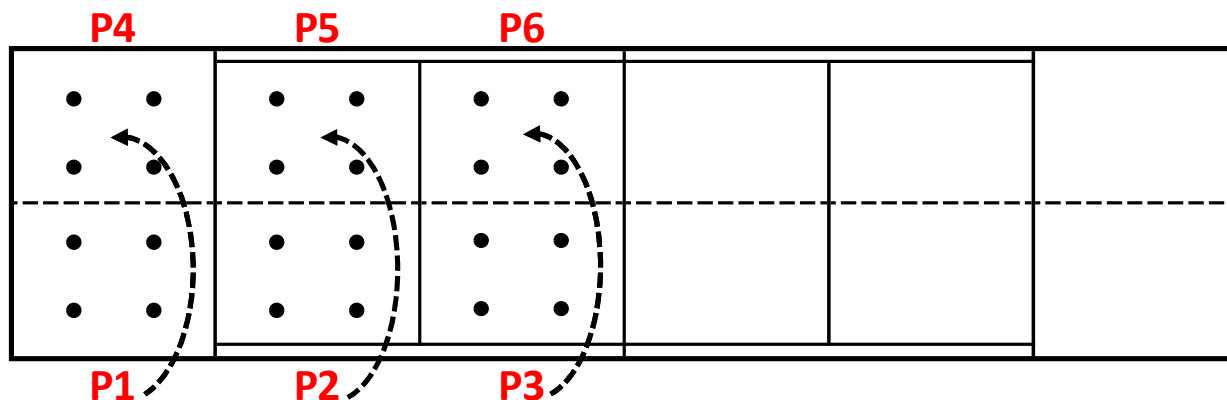
- Slightly sideways position, good stance;
- 1/8 motion. Racket above the head with racket face (horizontal angle), straight towards the target (eastern grip). Start the hand that throws the ball at eye level.

**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, throw 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 returns the ball and plays the point against P1.

**Mobility:**

In order to play the point, P1 must serve in the 3<sup>rd</sup> window and P4 must (on the first ball received) prepare the body (turn shoulders) and racket (with the right grip at -1) before the ball bounces.

**Scoring system:**

The player who scores the most points in 5 minutes.

**Rotation:**

Switch roles and opponents after 5 minutes.

**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.