

**COOPERATION, develop basic skills on a complete serve divided in 2 motions to improve consistency**



**TIME: 10 minutes, (LMM) – Serve, full motion in 2-count**

**TEACHING POINTS**

**A) Preparation:**

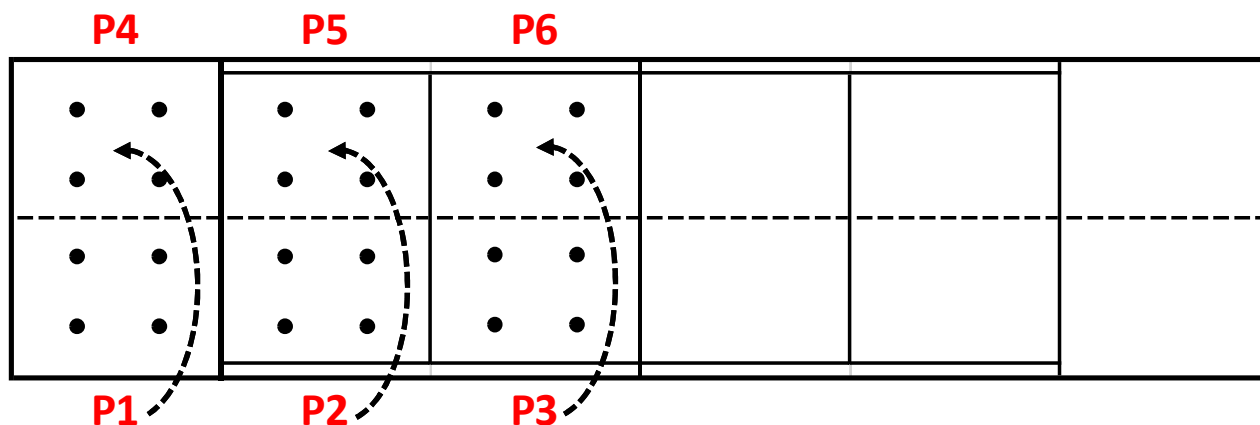
- Eastern grip;
- 'U' shape and take a break at 1/8 movement.

**B) The Shot:**

- Point of impact (horizontal) slightly to the rear to favor balls with arched trajectories (3<sup>rd</sup> window);
- Trajectory of the racket from low to high.

**Summary:** *Racket fixes the net, make a U and take a break at 1/8 motion, toss AND hit upward.*

**EXERCISE**



**Feed:**

P1 performs a 2-count full motion service (3<sup>rd</sup> window) towards the ground target.

**Projection:**

In the waiting position, P4 returns the ball and play the point with P1.

**Mobility:**

In order to play the point, P1 must have executed a full 2-count service movement with an arched trajectory (3<sup>rd</sup> window) inside the ground target.

**Scoring system:**

The player who scores the most points in 5 minutes.

**Rotation:**

Switch roles after 5 minutes.

**Considerations (if needed):**

- Educate students of hitting the ball (serve and shots after rebound) with the body (hips and shoulders rotation) and not just with the arm ;
- Students must keep the ball in the 2<sup>nd</sup> window when playing the point. The teacher can choose to cancel or remove the point from the offending player.