

OPPOSITION, control the direction on the serve to exploit the weakness of the opponent



TIME: 10 minutes (LMM) – Serve

TEACHING POINTS

A) Preparation:

- Feet and shoulders towards the target;
- U shape, toss (full motion).

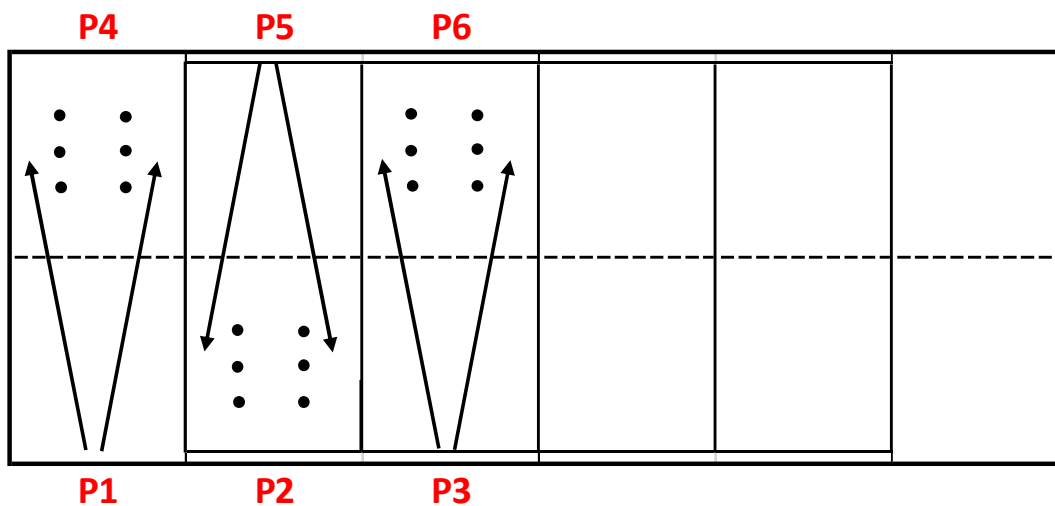
B) The Shot :

- Racket trajectory, from bottom to top, towards the target (hitting zone).

Summary:

Feet and shoulders towards the target, make a U-shape, toss AND hit upward towards the target on the ground (hitting zone).

EXERCISE



Feed:

P1 must do a serve (3rd window) outside the middle area towards P4.

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 with an arched trajectory (3rd window) outside the middle area.

Scoring system:

The player who scores the most points in 5 minutes.

Rotation:

Switch roles after 5 minutes.

Considerations (if needed):

- When serving, remind students to hit the ball upward towards the target (hitting zone).