

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).

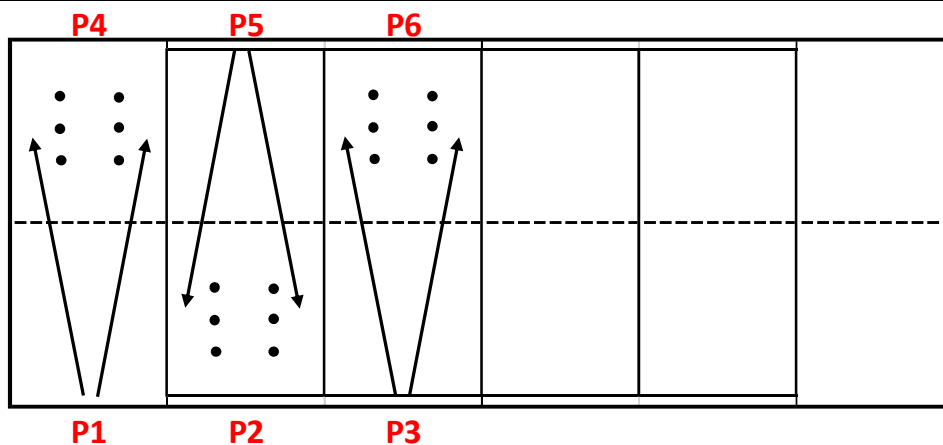
B) The Shot:

- Point of impact (horizontal) slightly to the rear;
- Racket trajectory, from bottom to top, along the hitting zone towards the target.

Summary:

Feet and shoulders towards the target, make a U shape, toss AND strike upwards towards the target (hitting zone).

EXERCISE



Feed:

P1 must identify the intended target (left or right) and execute a serve (3rd window) 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) inside the identified target.

Scoring system:

The player who scores the most points in 5 minutes.

Rotation:

Switch roles after 5 minutes.

Considerations (if needed):

- When serving, educate the students to hit from bottom to top towards the target on the ground (hitting zone);
- If necessary, remind students the serve sequence. U, toss AND hit.