

**COOPERATION, control the direction of the serve to improve consistency**



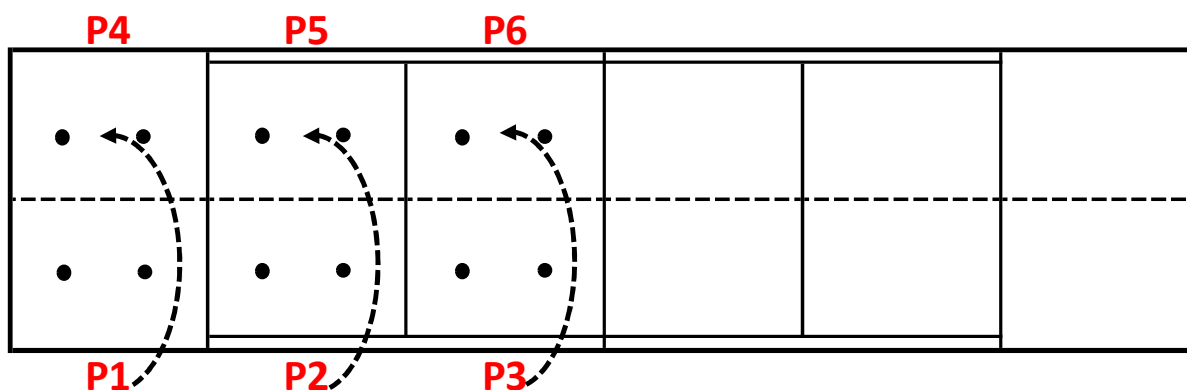
**TEMPS: 15 minutes (LMM) – Serve**

**TEACHING POINTS**

- |                        |   |
|------------------------|---|
| <b>A) Preparation:</b> | <ul style="list-style-type: none"> <li>Place feet and shoulders in the direction of the target;</li> <li>U motion and throw the ball.</li> </ul>  |
| <b>B) The Shot:</b>    | <ul style="list-style-type: none"> <li>Racket trajectory from bottom to top;</li> <li>Hitting zone (racket trajectory towards target).</li> </ul> |

**Summary:** *U, throw and hit the ball from bottom to top towards the target (hitting zone).*

**EXERCISE**



- |                        |   |
|------------------------|---|
| <b>Feed:</b>           | P1 executes a serve between the targets on the floor.   |
| <b>Projection:</b>     | In the waiting position, P4 returns the ball and plays the point against P1.                            |
| <b>Mobility:</b>       | In order to play the point, P1 must execute a serve with an arched trajectory inside the ground target. |
| <b>Scoring system:</b> | The player who scores the most points in 5 minutes.   |
| <b>Rotation:</b>       | Switch roles and opponents every 5 minutes.   |