

TACTICAL, on 1st serve, using a more direct trajectory and varying the direction and putting the ball in play as a 2nd serve



TIME: 15 minutes (LMM) – Serve

TEACHNING POINTS

A) Preparation:

- Feet and shoulders towards the target;
- Racket fixes the net, U, toss.

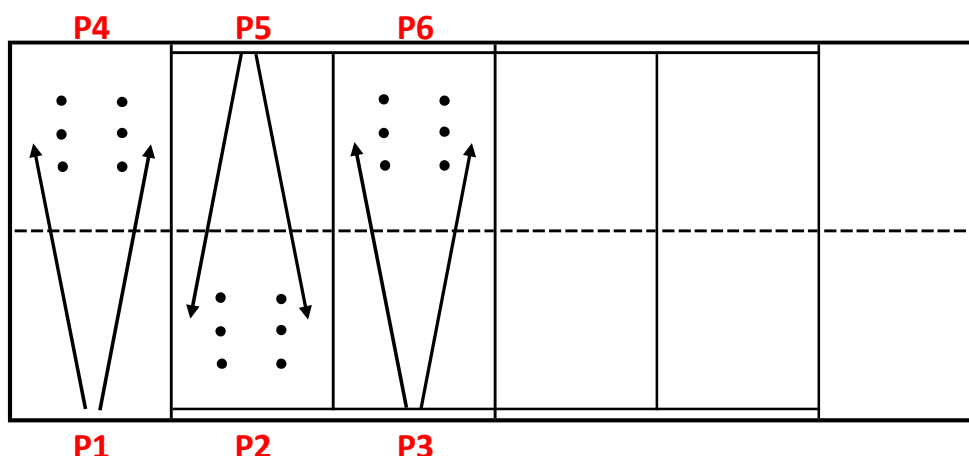
B) The Shot:

- Impact point (horizontal) in front of the body as a 1st serve (1st window), over the head for more security as a 2nd serve.

Summary:

U, toss AND hit the ball (horizontal impact point) in front as a 1st serve (1st window) and over the head as a 2nd serve (2nd window)

EXERCISE



Feed:

P1 performs a service outside the center zone. If it misses, P1 gets a second chance to serve.

- 1st ball = 1st window;
- 2nd ball = 2nd window.

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 outside the center court area (except on the second service ball where the teacher accepts that the ball falls into the service box only).

Scoring system:

The player who scores the most points in 5 minutes.

Rotation:

Switch roles and opponents every 5 minutes.

Considerations (if needed):

- Remind students to adjust the ball tossing depending on whether they want to serve in the 1st or 2nd window.