

COOPERATION, learn to control the distance to improve consistency on the serve

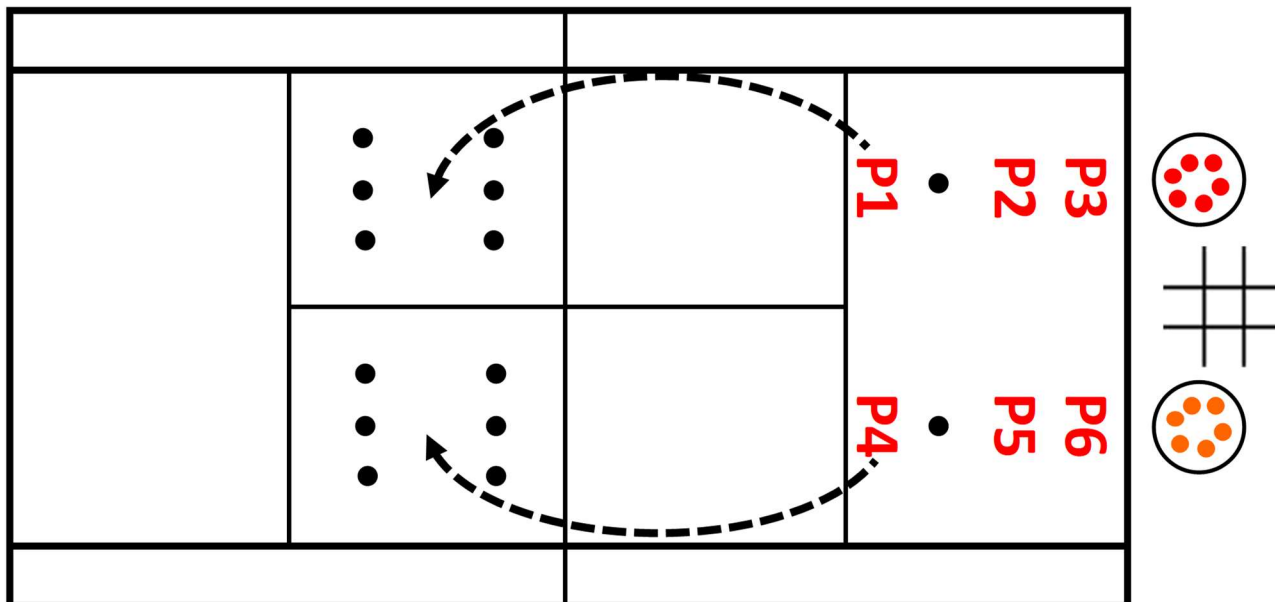


TIME: 15 minutes (LMM)

TEACHING POINTS

Summary: *Keep an arched ball and find the right racquet head speed to reach the desired distance.*

EXERCISE



Feed: P1 executes a serve inside the target on the ground in front of him. P4 does the same. After the shot, P1 and P4 go at the back of their respective lane.

Mobility: When players have successfully sent their serve inside the target on the ground, they must take 1 ball from the hoop at the back of the row and place it in the grid (tic-tac-toe game). Players use red balls all the time. One hoop will contain red balls and the other hoop orange dot balls to differentiate them in the tic-tac-toe game.

Scoring system: The first team that gets a tic-tac-to (full lane of red or orange balls) win.

Rotation: Change teams after each game.