

COOPERATION, controlling the distance of the ball in order to improve consistency on the serve

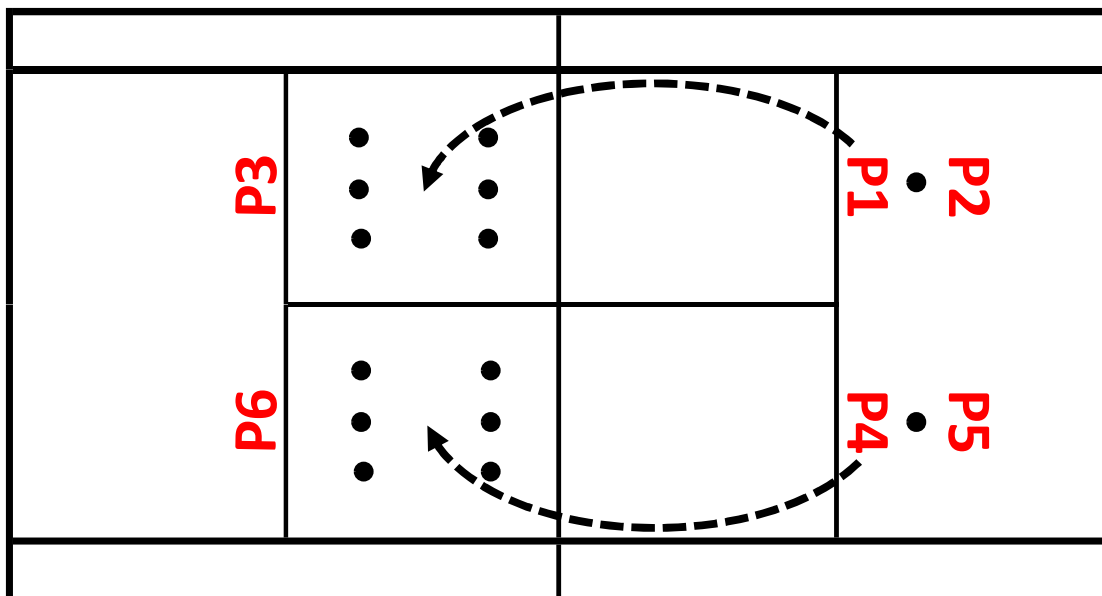


TIME: 15 minutes (LMM)

TEACHING POINTS

Summary: *Keeping an arched ball and finding the right racket head speed in order to have the right distance.*

EXERCISE



Feed: P1 executes a serve towards the target on the ground in P3's direction. P4 does the same in P6's direction.

Projection: P3 must hit the ball on the other side of the net inside the court.

Mobility: After his shot, P1 must leave his place to P2.

Scoring system: The trio gets one point when the players achieve their sequence (P1 hits the ball inside the target and P3 hits the ball inside the court). Game of 10 points.

Rotation: Change roles and teams after each game.