

COOPERATION, develop basic skills to improve consistency on the serve



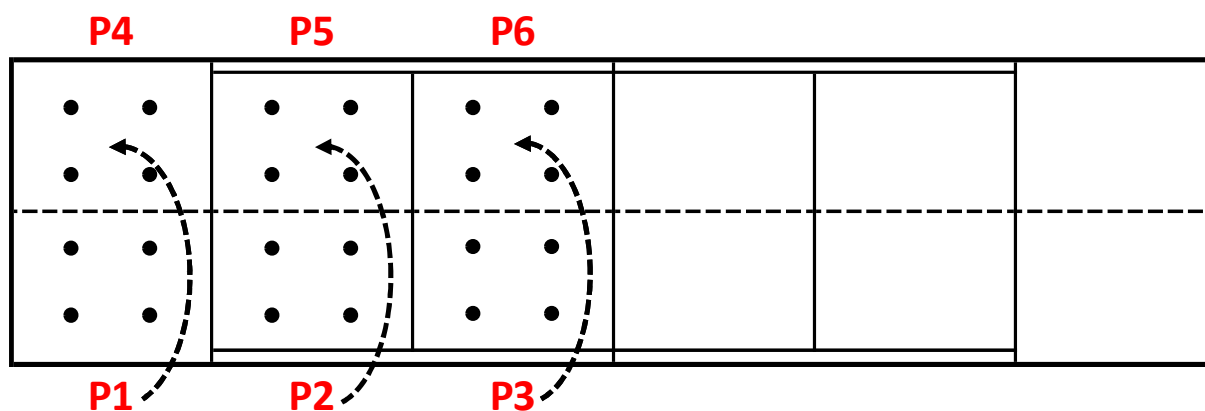
TIME: 10 minutes (L or LM) – Serve

TEACHING POINTS

- | | |
|------------------------|--|
| A) Preparation: | <ul style="list-style-type: none"> • Slightly sideways position, good stance; • 1/8 motion. Racket overhead with racket face (horizontal angle) straight towards the target (eastern grip); • Start the hand that toss the ball at eye level. |
| B) The Shot: | <ul style="list-style-type: none"> • Point of impact (horizontal) slightly to the rear to favor balls with arched trajectories (3rd window); • Racket trajectory, from bottom to top. |

Summary: *Prepare with 1/8 motion with racket face straight towards the target (eastern grip), throw the ball slightly backwards and hit the ball from bottom to top.*

EXERCISE

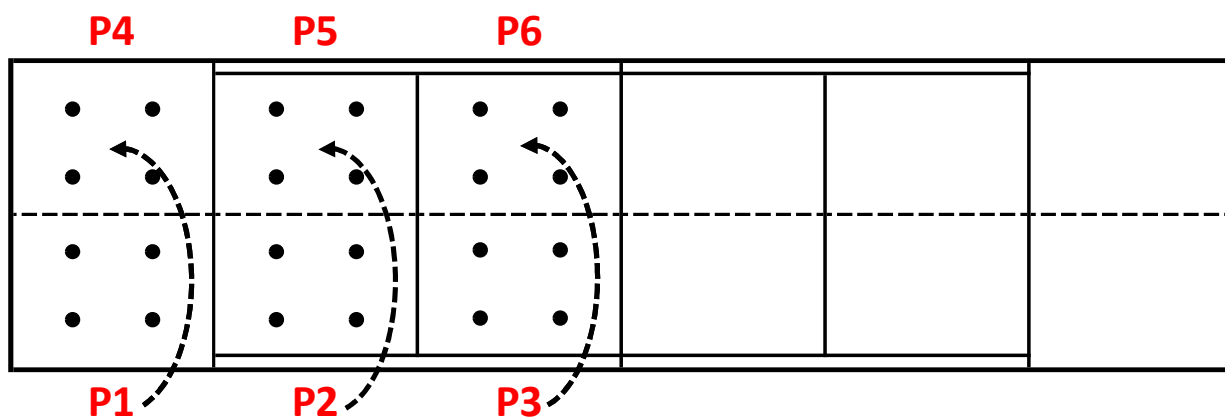


- | | |
|------------------------|---|
| Feed: | P1 executes a serve (3 rd window) towards the target on the floor. |
| Projection: | In waiting position, P4 must identify the forehand or backhand before the ball bounces (having the right grip) and return the ball inside the service box. |
| Scoring system: | Option n°1: none.
Option n° 2: 1 point for the duo when the serve and return are within their respective targets. The duo that makes the most points in 5 minutes. |
| Rotation: | Switch roles after 5 minutes. |



Exercise 1.4

EXERCISE



Feed:	P1 executes a serve (3 rd window) towards the target on the floor.
Projection:	In waiting position, P4 must identify forehand or backhand before the ball bounces and plays the point against P1.
Mobility:	In order to play the point, P1 must serve into the 3 rd window inside the ground target.
Scoring system:	The player who makes the most points in 5 minutes.
Rotation:	Switch roles after 5 minutes.

Considerations (if needed):	<ul style="list-style-type: none"> You can allow 2 juggles maximum if the ball reception is difficult; Remind players of the importance of maintaining an arched ball on serve and rallies.
------------------------------------	---