

## HALF-MOON GAME (TEAMS)

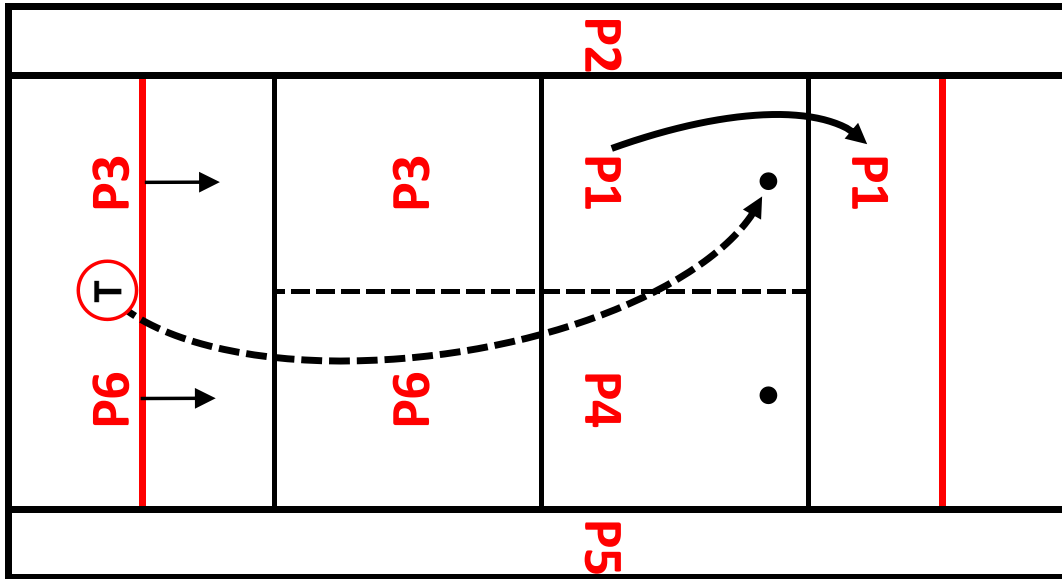


**TIME : 20 minutes (LMM)**

### TEACHING POINTS

**Summary :** Turn the shoulders, run in a half-moon pattern and use a lob or passing shot.

### EXERCISE



**Feed :**

The teacher sends a lob (angle greater than 45 degrees) over P1's head. At the end of the point, the teacher will send the lob to P4.

**Projection :**

P1 goes back in a half-moon pattern, returns a lob or a passing shot and P1-P4 play the point against P3-P6.

**Mobility :**

Following the 2-point sequence (feed to P1 and feed to P4), P1-P4 give their spot to P2-P5. After the teacher sends the lob, P3 and P6 have to move to the net.

**Scoring system :**

The team that wins a sequence of 2 consecutive points replaces P3-P6 (alone team).

**Considerations (if needed) :**

- when running backwards, remind the students of the half-moon pattern to increase the chances of success and avoid receiving the ball in the back.