

HALF-MOON GAME (TEAMS)

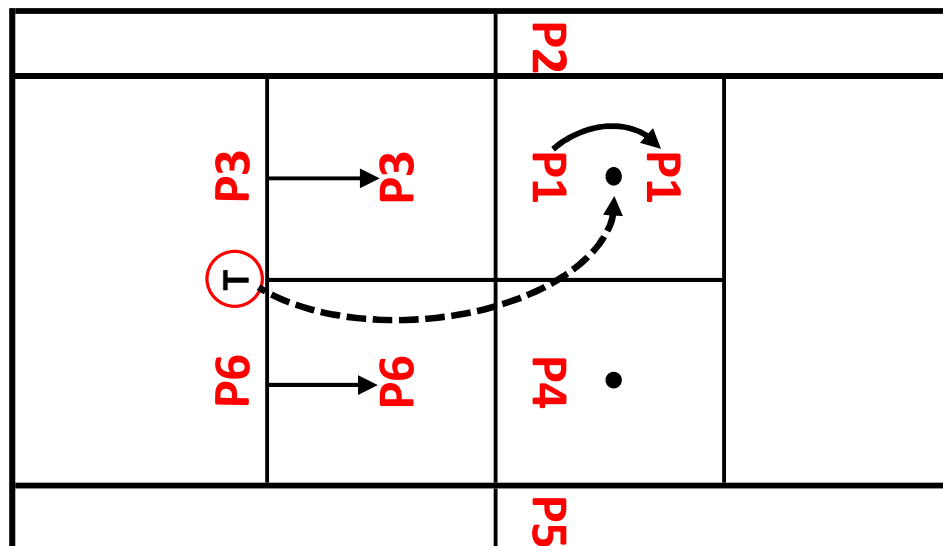


TIME : 20 minutes (LMM)

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.