

THE HALF-MOON GAME (SINGLES)

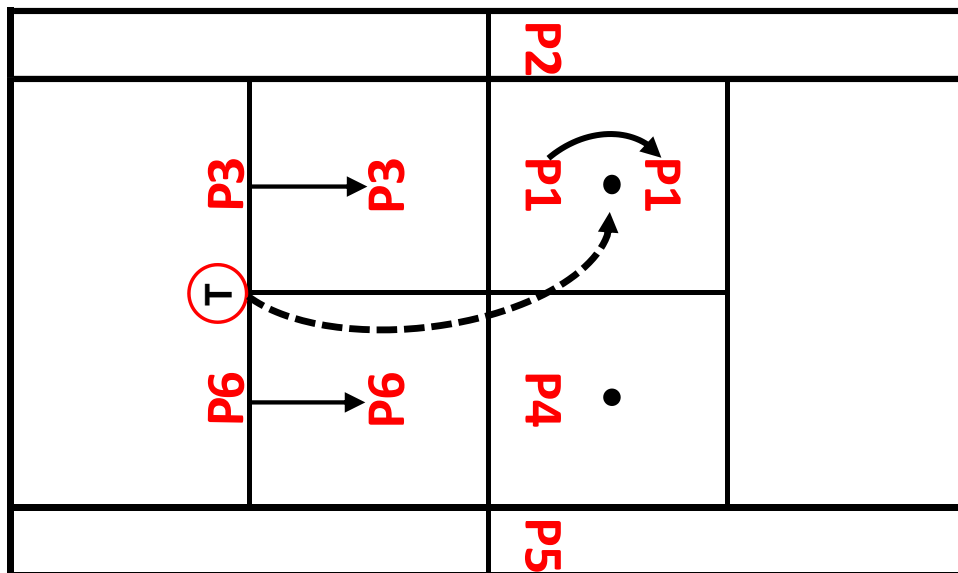


TIME : 20 minutes (LMM)

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.

Projection :

P1 moves back in a half-moon pattern, returns a lob or passing shot and plays the point against P3. P4, P5 and P6 will do the same game.

Mobility :

At the end of the point, P1 gives his spot to P2. After the feed to P1, P3 has to move at the net.

Scoring system :

The first player between P1 and P2 who scores 3 points will replace P3. Same thing for P4 and P5 against P6.

Considerations (au besoin) :

- 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.