

END SERVE

OBEJECTIVE: Serving over long distances

EQUIPMENT: 1 ball per pair,
cones or markers, net or similar



10 Minutes

DESCRIPTION

1. Players pair up and face each other on opposite sides of the net with both players standing on their baseline.
2. Player A serves the ball to their partner, Player B.
3. Player B catches the ball and serves it back to Player A.

CHANGE IT

Beginner

- Players can stand closer to each other
- Remove the net and shorten this distance between players

Advanced

- Instead of catching the ball the receiver can set or pass the ball to themselves and then serve over the net

ANC CODE

Moving
Our
Body

[ACPMP025](#)

[ACPMP043](#)

[ACPMP061](#)