

PARTNER SERVE

OBEJECTIVE: Serving

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 about 5 steps apart.
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](#)