

TARGET SERVE

OBEJECTIVE: Serving

EQUIPMENT: 1 ball per team,
cones or markers, net or similar,
hoop or similar for target.



10 Minutes

DESCRIPTION

1. Players form teams of 3-5 players. Teams line up behind each other on one side of the net about 5 steps back.
2. Place a hoop on the opposite side of the net as a target.
3. The player at the front serves the ball over the net towards the target.
4. That player then runs and retrieves the ball and passes it to the net player and returns to the back of the line.

CHANGE IT

Beginner

- Lower the net to make it easier to serve over.

Advanced

- Instead of catching the ball the receiver can set or pass the ball to the first player in line.

ANC CODE

Moving
Our
Body

[ACPMPO27](#)

[ACPMPO45](#)

[ACPMPO63](#)