

**OPPOSITION, dominate the opponent by using more power on the serve**



**TIME: 15 minutes (LMM) – Serve (more direct trajectory)**

**TEACHING POINTS**

**A) Preparation:**

- Slightly sideways position, good stance;
- Racket fixes the net, U, toss.

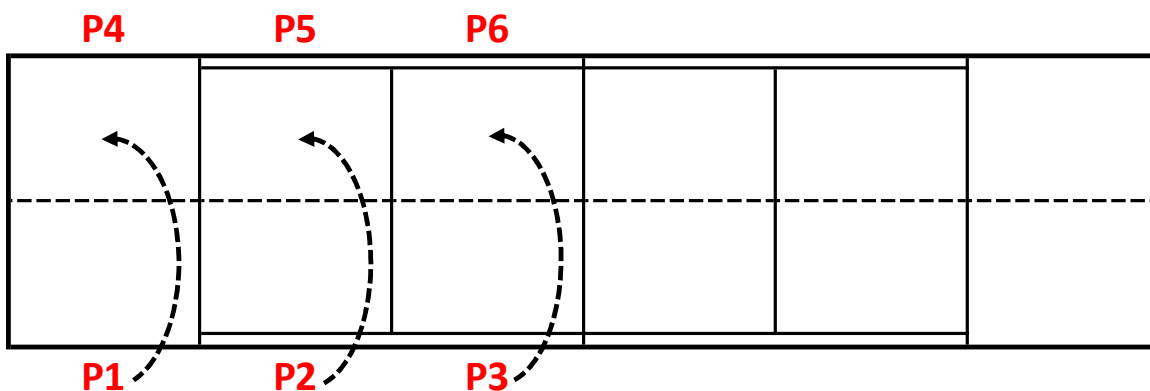
**B) The Shot:**

- Impact point (horizontal);
- 2<sup>nd</sup> window service: toss the ball above the head (versus slightly to the rear for 3<sup>rd</sup> window);
- Racket trajectory from bottom to top.

**Summary:**

*Racket fixed to the net, U, toss above the head AND hit upwards with the body (hips and shoulders rotation).*

**EXERCISE**



**Feed:**

P1 performs a serve in the 2<sup>nd</sup> window to P4. If P1 misses his serve, he gets a second chance.

**Projection:**

In the waiting position, P4 returns the ball and plays the point against P1.

**Mobility:**

In order to play the point, P1 must serve in the second window.

**Scoring system:**

The player who scores the most points in 5 minutes.

**Rotation:**

Switch roles and opponents every 5 minutes.

**Considerations (if needed):**

- It is important to remind students that even though we are looking for a more direct ball trajectory (2<sup>nd</sup> window versus 3<sup>rd</sup>), the student must still hit the ball from the bottom to the top with body participation (hips and shoulders rotation).