

OPPOSITION, dominate the opponent by using a downward trajectory on the serve (more speed)



TIME: 10 minutes (LMM) – Serve (more direct trajectory)

TEACHNING POINTS

A) Preparation:

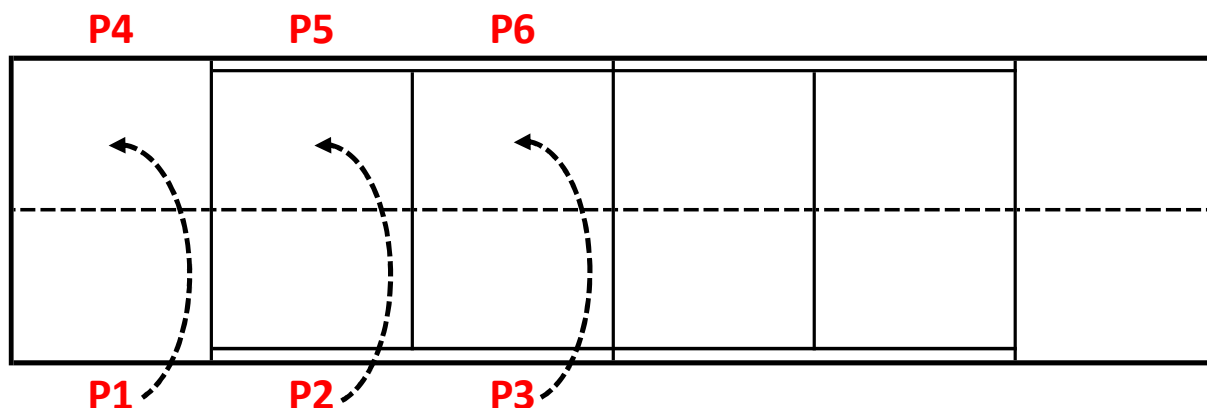
- Slightly sideways position, good stance;
- Racket fixes the net, U, toss.

B) The Shot:

- Impact point in front of the body (horizontal);
- Serve 1st window: toss the ball in front of the body (versus over the head for 2nd window);
- Racket trajectory from bottom to top.

Summary: *U, toss the ball in front of the body AND hit upwards with the participation of the body (hips and shoulders rotation).*

EXERCISE



Feed:

P1 performs a serve in the 1st window to P4.

Projection:

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

Mobility:

In order to continue the point, P1 must serve in the 1st window and P4 must (on the first ball received) prepare (body and racquet) before the bounce of the ball.

Scoring system:

The player who scores the most points in 5 minutes.

Rotation:

Switch roles and opponents every 5 minutes.