

OPPOSITION, control of the direction of the serve to exploit the opponent's weakness



TIME: 20 minutes (LMM) – Serving (trajectory)

TEACHING POINTS

A) Preparation:

- Feet and shoulders towards the target;
- Racket to net, U, throw.

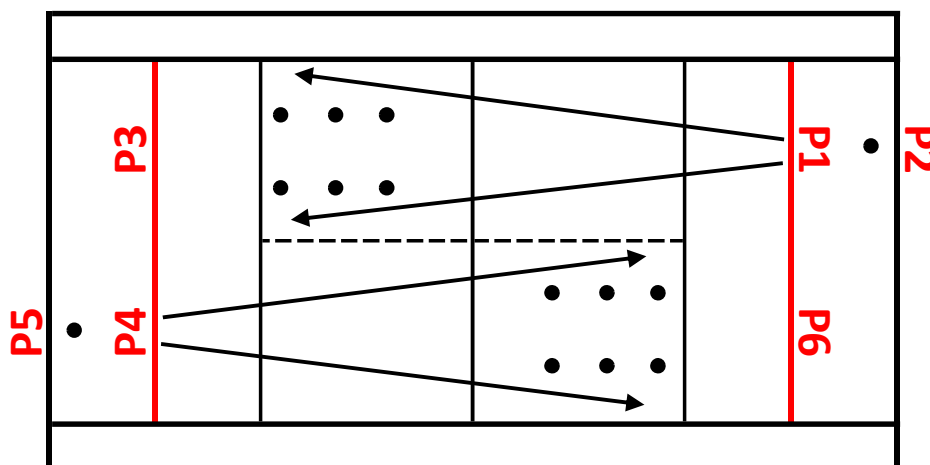
B) The Shot:

- Point of impact (horizontal) above the head;
- The racket trajectory from bottom to top along the hitting path towards the target.

Summary:

Place feet and shoulders towards the target, make a U-shape, throw AND hit upwards towards the target (hitting zone).

EXERCISE



Feed:

P1 has to serve outside the center zone and performs a serve (2nd window) towards P3.

Projection:

In the waiting position, P3 has to identify forehand or backhand before the bounce of the ball and play the point against P1.

Mobility:

To be allowed to play the point, P1 must serve outside the center zone and P3 must identify forehand or backhand before the bounce of the ball.
At the end of the point, P1 gives way to P2.

Scoring system:

The player between P1 and P2 who scores the most points in 5 minutes.

Rotation:

Change roles every 5 minutes.

Considerations (if needed):

- Remember the importance of hitting the ball (serve and post-bounce shots) with the body (hips and shoulders rotation).