

**OPPOSITION, dominate the opponent by increasing the velocity of the ball when serving**



**TIME: 20 minutes (LMM) – Serve (trajectory)**

**TEACHING POINTS**

**A) Preparation:**

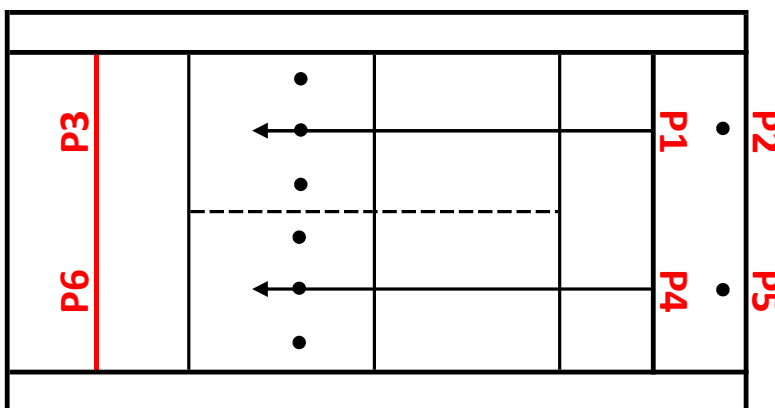
- Racket towards the net, U, throw.

**B) The Shot:**

- Point of impact (horizontal) slightly forward to favour balls with slightly downward trajectories (1<sup>st</sup> window);
- Racket trajectory from bottom to top.

**Summary:** *Racket towards to the net, U, throw the ball slightly forward AND hit the ball upwards.*

**EXERCISE**



**Feed:**

P1 performs a serve (1<sup>st</sup> window) towards the target.

**Projection:**

In a waiting position, P3 throws the ball back and competes for the point with P1.

**Mobility:**

To be eligible to play the point, P1 must serve into the 1<sup>st</sup> window inside the target and P3 must (on the 1<sup>st</sup> ball received) identify forehand or backhand before the ball bounces.  
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):**

- Emphasise the rise in the ball even if the student is aiming for the 1<sup>st</sup> window;
- Emphasise the rise in the ball (with the body) even if the student is aiming for the 1st window.
- Ensure that the ball is thrown slightly in front of the body.