

**OPPOSITION, control the direction on the serve to exploit the weakness of the opponent**



**TIME: 15 minutes (LMM) – Serve**

**TEACHING POINTS**

**A) Preparation:**

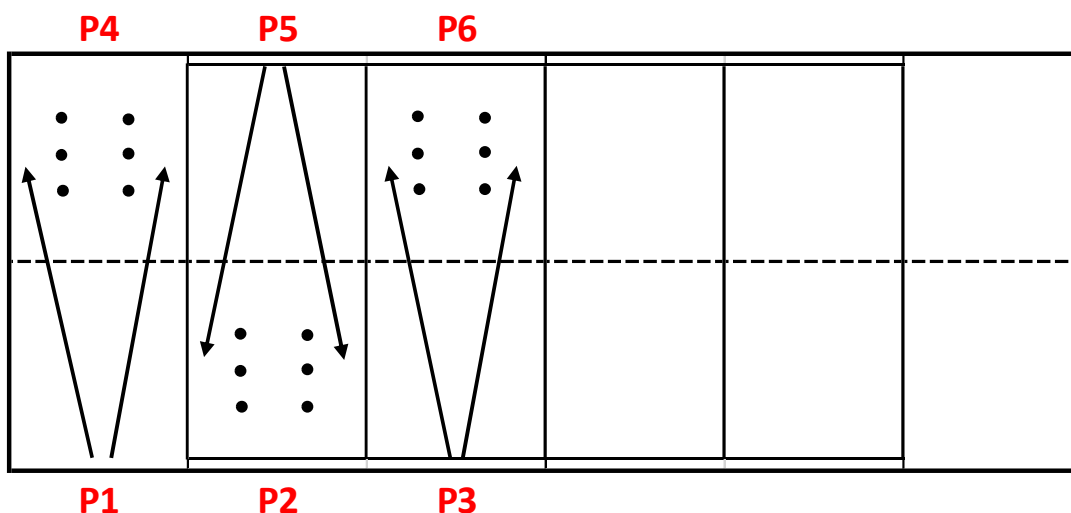
- Feet and shoulders towards the target;
- Full motion. Racket fixes the net, U, toss.

**B) The Shot:**

- Point of impact (horizontal) slightly to the rear;
- Racket trajectory from bottom to top along the hitting zone towards the target.

**Summary:** U, toss AND hit upward toward the target (hitting zone).

**EXERCISE**



**Feed:**

P1 performs a serve (3<sup>rd</sup> window) outside the center area (left or right) towards P4.

**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 with an arched trajectory (3<sup>rd</sup> window) outside the center zone.

**Scoring system:**

The player who scores the most points in 5 minutes.

**Rotation:**

Switch roles and opponents every 5 minutes.

**Considerations (if needed):**

- When serving, remind students that the upward movement must be with the body (hips and shoulders rotation).