



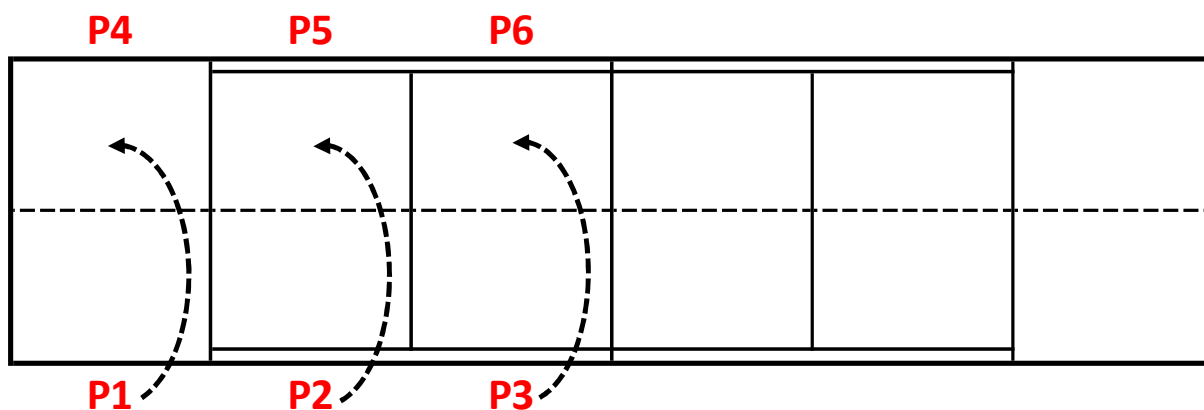
**TACTICAL, 1<sup>st</sup> serve dominate the opponent with a more direct trajectory, 2<sup>nd</sup> serve put ball in play**

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

**TEACHNING POINTS**

<b>A) Preparation:</b>	<ul style="list-style-type: none"> <li>• Slightly sideways position, good stance;</li> <li>• Racket fixes the net, U, toss.</li> </ul>
<b>B) The Shot:</b>	<ul style="list-style-type: none"> <li>• Point of impact (horizontal);</li> <li>• 1<sup>st</sup> serve, toss the ball above the head (direct trajectory) or slightly in front (downward trajectory);</li> <li>• 2<sup>nd</sup> serve, toss the ball above the head or slightly at the back.</li> </ul>
<b>Summary:</b>	<p><i>1<sup>st</sup> serve toss the ball above the head (or slightly in front) for more direct trajectory and 2<sup>nd</sup> serve toss the ball above the head or slightly at the back for arched ball trajectory for more safety.</i></p>

**EXERCISE**



<b>Feed:</b>	<p>P1 performs a 1<sup>st</sup> serve with a more direct trajectory to P4. If P1 misses his serve, he will make a 2<sup>nd</sup> serve with an arched ball trajectory.</p>
<b>Projection:</b>	<p>In the waiting position, P4 returns the ball and plays the point against P1.</p>
<b>Mobility:</b>	<p>In order to continue the point, P4 must (on the return only) prepare (body and racquet) before the bounce of the ball.</p>
<b>Scoring system:</b>	<p>The player who scores the most points in 5 minutes.</p>
<b>Rotation:</b>	<p>Switch roles and opponents every 5 minutes.</p>

<b>Considerations (if needed):</b>	<ul style="list-style-type: none"> <li>• It is important to remind students that even though we are looking for a more direct ball trajectory on the first serve, the student must still hit the ball from the bottom to the top with body participation (hips and shoulders rotation).</li> </ul>
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