

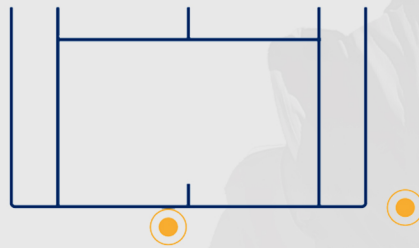
CAPTURE YOUR SERVICE

01 BE PREPARED

Take 3 balls to capture 3 services and ask someone to film you according to the instructions below.

02 BE POSITIONED

The person filming must be positioned in the corner of the alley. If the player is right-handed, he/she has to be positioned in the right corner. If the player is left-handed, he/she has to be positioned in the left corner.



03 SERVE & RECORD

Ask the person filming to start the recording. Serve 3 consecutive times. You must always stay in the middle of the screen.

