

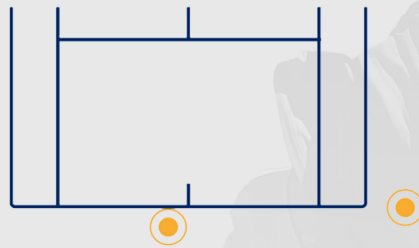
## CAPTURE YOUR SERVICE

### 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.

