




**PLANNING 10 WEEKS RED 1-2**

	 <b>TENNIS</b> <small>LEARNING PROCESS</small> <small>POWERED BY LMM TENNIS</small>	 <b>TENNIS</b> <small>LEARNING PROCESS</small> <small>POWERED BY LMM TENNIS</small>	 <b>TENNIS</b> <small>LEARNING PROCESS</small> <small>POWERED BY LMM TENNIS</small>
<b>WEEK</b>	<b>SHOTS AFTER BOUNCE</b>	<b>SERVE</b>	<b>NET</b>
#1	<a href="#">Cooperation B.M.P.</a>	<a href="#">Cooperation, B.M.P. (full movement 2 steps)</a>	
#2	<a href="#">Cooperation distance</a>	<a href="#">Cooperation, B.M.P. (full movement 2 steps)</a>	
#3	<a href="#">Cooperation, direction</a>	<a href="#">Cooperation, B.M.P. (full movement 1 step)</a>	<a href="#">Volley, cooperation B.M.P.</a>
#4	<a href="#">Cooperation, distance-direction</a>	<a href="#">Cooperation, B.M.P. (full movement 1 step)</a>	
#5	<a href="#">Adaptation, distance (receiving high and deep ball or short balls) on forehand</a>	<a href="#">Opposition, direction</a>	
#6	<a href="#">Adaptation, distance (receiving high and deep ball or short balls) on backhand</a>	<a href="#">Single games (without advantage)</a>	
#7	<a href="#">Adaptation, direction (receiving balls far to the right, far to the left)</a>	<a href="#">Opposition, direction</a>	<a href="#">Volley, cooperation B.M.P.</a>
#8	<a href="#">Adaptation, speed (receiving faster balls)</a>	<a href="#">Single games (with advantage)</a>	
#9	<a href="#">Adaptation, distance-direction</a>	<a href="#">Opposition, direction</a>	
#10	<a href="#">Opposition, direction (varying the direction of the ball)</a>	<a href="#">Single games</a>	