




**PLANNING 10 WEEKS RED 1**

			
WEEK	SHOTS AFTER BOUNCE	SERVE	NET
#1	<a href="#">Cooperation B.M.P.</a>	<a href="#">Cooperation, B.M.P. (1/8 movement)</a>	
#2	<a href="#">Cooperation, B.M.P.</a>	<a href="#">Cooperation, B.M.P. (1/8 movement)</a>	
#3	<a href="#">Cooperation, height</a>	<a href="#">Cooperation, height (1/8 movement)</a>	<a href="#">Volley, cooperation B.M.P.</a>
#4	<a href="#">Cooperation, distance</a>	<a href="#">Cooperation, distance (1/8 movement)</a>	
#5	<a href="#">Cooperation, direction</a>	<a href="#">Cooperation direction (1/8 movement)</a>	
#6	<a href="#">Cooperation, distance-direction</a>	<a href="#">Cooperation distance-direction (1/8 movement)</a>	
#7	<a href="#">Adaptation, distance (receiving high and deep ball or short balls) on forehand</a>	<a href="#">Cooperation B.M.P., (full movement in 2 steps)</a>	<a href="#">Volley, cooperation B.M.P.</a>
#8	<a href="#">Adaptation, distance (receiving high and deep ball or short balls) on backhand</a>	<a href="#">Cooperation B.M.P., (full movement in 2 steps)</a>	
#9	<a href="#">Adaptation, direction (receiving balls far to the right, far to the left)</a>	<a href="#">Single games (without advantage)</a>	
#10	<a href="#">Adaptation, distance-direction</a>	<a href="#">Single games (with advantages)</a>	