




**PLANNING 10 WEEKS RED 2-3**

	 <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.</a>	
#2	<a href="#">Adaptation, distance (receiving high and deep ball or short balls) on forehand</a>	<a href="#">Cooperation, B.M.P.</a>	
#3	<a href="#">Adaptation, distance (receiving high and deep ball or short balls) on backhand</a>	<a href="#">Opposition, direction</a>	<a href="#">Volley, cooperation B.M.P.</a>
#4	<a href="#">Adaptation, direction (receiving balls far to the right, far to the left)</a>	<a href="#">Opposition, direction</a>	
#5	<a href="#">Opposition, direction (varying the direction of the ball)</a>	<a href="#">Single games</a>	<a href="#">Volley, cooperation B.M.P.</a>
#6	<a href="#">Opposition, distance (making drop shots or hitting deep in the court)</a>	<a href="#">Opposition, height</a>	
#7	<a href="#">Tactical, when receiving an easy distant ball (far to the right, far to the left), how to dominate the opponent by varying the direction of the ball</a>	<a href="#">Opposition, height</a>	<a href="#">Smash, cooperation B.M.P.</a>
#8	<a href="#">Tactical, when receiving a difficult distant ball (far to the right, far to the left), how to defend by playing high and deep in the center of the court</a>	<a href="#">Single games</a>	
#9	<a href="#">Tactical, attack or defend when receiving a distant ball</a>	<a href="#">Tactical, 1<sup>st</sup> serve by varying the direction with a more direct trajectory of the ball. Put the ball in play as a 2<sup>nd</sup> serve</a>	
#10	<a href="#">Tactical, when receiving a short ball, how to dominate the opponent by varying the direction of the ball</a>	<a href="#">Single games</a>	