




PLANNING 10 WEEKS RED 2

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