

**PLANNING 10 WEEKS RED 3**



WEEK	SHOTS AFTER BOUNCE	SERVE	NET
#1	<a href="#">Cooperation, B.M.P. (C shape preparation)</a>	<a href="#">Cooperation, B.M.P.</a>	
#2	<a href="#">Cooperation, B.M.P. (C shape preparation)</a>	<a href="#">Opposition, direction</a>	
#3	<a href="#">Opposition, direction</a>	<a href="#">Opposition, height</a>	<a href="#">Volley, cooperation B.M.P.</a>
#4	<a href="#">Opposition, distance</a>	<a href="#">Opposition, height</a>	
#5	<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="#">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>	<a href="#">Volley, cooperation B.M.P.</a>
#6	<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>	
#7	<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>	
#8	<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>	<a href="#">Smash, cooperation B.M.P.</a>
#9	<a href="#">Tactical, when receiving a high and deep ball, how to defend by playing high and deep in the center of the court</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, attack or defend depend on the ball received (high and deep or short balls)</a>	<a href="#">Double games</a>	