




PLANNING 10 WEEKS GREEN 1-2

	 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.	
#2	Cooperation distance	Cooperation, B.M.P.	Volley, cooperation B.M.P.
#3	Cooperation, direction	Cooperation, distance	
#4	Cooperation, distance-direction	Cooperation, direction	Volley, cooperation B.M.P.
#5	Adaptation, distance (receiving high and deep ball or short balls) on forehand	Opposition, direction	
#6	Adaptation, distance (receiving high and deep ball or short balls) on backhand	Single games	Volley, cooperation B.M.P.
#7	Adaptation, direction (receiving balls far to the right, far to the left)	Opposition, direction	
#8	Adaptation, speed (receiving faster balls)	Single games	Smash, cooperation B.M.P.
#9	Adaptation, distance-direction	Opposition, direction	
#10	Opposition, direction (varying the direction of the ball)	Single games	Double games

