

PLANNING 10 WEEKS GREEN 2-3



WEEK	SHOTS AFTER BOUNCE	SERVE	NET
#1	Cooperation, B.M.P.	Cooperation, B.M.P.	
#2	Adaptation, distance (receiving high and deep ball or short balls) on forehand	Cooperation, B.M.P.	Volley, cooperation B.M.P.
#3	Adaptation, distance (receiving high and deep ball or short balls) on backhand	Opposition, direction	
#4	Adaptation, direction (receiving balls far to the right, far to the left)	Single games	Volley, cooperation B.M.P.
#5	Opposition, direction (varying the direction of the ball)	Opposition, direction	
#6	Opposition, distance (making drop shots or hitting deep in the court)	Single games	Volley, cooperation B.M.P.
#7	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	Opposition, height	
#8	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	Single games	Smash, cooperation B.M.P.
#9	Tactical, attack or defend when receiving a distant ball	Tactical, 1st serve by varying the direction with a more direct trajectory of the ball. Put the ball in play as a 2nd serve	
#10	Tactical, when receiving a short ball, how to dominate the opponent by varying the direction of the ball	Single games	Double games