

PLANNING 10 WEEKS GREEN 2



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	Opposition, direction	
#4	Adaptation, distance (receiving high and deep ball or short balls) on forehand	Single games	Volley, cooperation B.M.P.
#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	Volley, cooperation B.M.P.
#7	Adaptation, speed (receiving faster balls)	Opposition, direction	
#8	Adaptation, speed-distance-direction	Single games	Smash, cooperation B.M.P.
#9	Opposition, direction (varying the direction of the ball)	Opposition, height	
#10	Tactical, when receiving a short ball, how to dominate the opponent by varying the direction of the ball	Single games	Double games

