




GLOBAL PLANNING RED

	 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>
	SHOTS AFTER BOUNCE	SERVE	NET
#1	Cooperation B.M.P. (direct preparation)	Cooperation B.M.P. (1/8 movement)	Volley, cooperation B.M.P.
#2	Cooperation B.M.P. (C form preparation)	Cooperation height (1/8 movement)	Volley, cooperation height
#3	Cooperation height	Cooperation distance (1/8 movement)	Volley, cooperation distance
#4	Cooperation distance	Cooperation direction (1/8 movement)	Volley, cooperation direction
#5	Cooperation direction	Cooperation distance and direction (1/8 movement)	Volley, cooperation distance and direction
#6	Cooperation distance and direction	Cooperation B.M.P. (full movement 2 steps)	Volley, adaptation direction (receiving balls far to the right, far to the left)
#7	Adaptation distance	Cooperation B.M.P. (full movement 1 step)	Volley, adaptation speed (receiving faster balls)
#8	Adaptation direction	Cooperation height (full movement)	Volley, adaptation height (receiving low and high balls)
#9	Adaptation speed (faster balls)	Cooperation distance (full movement)	Volley, adaptation direction and speed (receiving faster balls, balls far to the right, far to the left)

	SHOTS AFTER BOUNCE	SERVE	NET
#10	Adaptation distance and direction (deep balls, short balls, balls far to the right, far to the left)	Cooperation direction (full movement)	Volley, adaptation height, direction and speed
#11	Adaptation distance and speed (deep balls, short balls, fast balls)	Cooperation direction and distance (full movement)	Volley, opposition direction (varying the direction)
#12	Adaptation direction and speed (fast balls, balls far to the right, far to the left)	Opposition direction	Volley, tactical, when attacking a short ball, making a volley in the opening
#13	Adaptation distance, direction and speed (deep balls, short balls, balls far to the right, far to the left, fast balls)	Opposition height (from arced ball to more direct trajectory and eventually downward trajectory)	Smash, cooperation B.M.P.
#14	Opposition direction (cross court, inside out)	Opposition height and direction (by serving with more direct trajectory and varying the direction of the ball)	Smash, adaptation distance (receiving deeper lobs)
#15	Opposition distance (drop shots, deep balls)	Tactical, 1 st serve = Using a more direct trajectory (or downward) 2 nd serve = Putting the ball in play (more arced trajectory)	Smash, adaptation direction (receiving lobs to the right and to the left)
#16	Opposition, direction and distance (hitting the ball outside of the central area)	Tactical, 1st serve = Using a more direct trajectory (or downward) and varying the direction. 2nd serve = Putting the ball in play (more arced trajectory)	Smash, opposition direction (varying the direction)
#17	Tactical, what to play when receiving a green ball (attack) or a red ball (defense)	Cooperation B.M.P. (slice serve, continental grip)	Smash, tactical, when receiving an easy lob, making a smash in the opening
#18	Tactical, when receiving short ball, dominate the opponent by varying the direction of the ball (by using cross court or inside out shot)	Cooperation distance (slice serve)	Smash, when receiving a deep lob, making a defensive smash by playing deep in the court
#19	Tactical, when receiving short ball, dominate the opponent by varying the distance of the ball (by using a drop shot or hitting deep in the court)	Cooperation direction (slice serve)	
#20	Tactical, when receiving short ball, dominate the opponent by varying the direction and distance of the ball (by hitting outside of the central area)	Cooperation distance and direction (slice serve)	

	SHOTS AFTER BOUNCE	SERVE	NET
#21	Tactical, when receiving a high and deep ball, How to defend by playing high and deep in the center of the court	Opposition direction (slice serve)	
#22	Tactical, attack or defend when receiving balls from different distances (short ball = attack, deep ball = defense)	Opposition height (slice serve)	
#23	Tactical, when receiving an easy distant ball (far to the right, far to the left), dominate the opponent by varying the direction (by using cross court or down the line shot)	Opposition height and direction (slice serve)	
#24	Tactical, when receiving an easy distant ball (far to the right, far to the left), dominate the opponent by hitting deep and varying the direction (by using cross court or down the line shot)	Tactical, 1 st serve = Using a more direct trajectory (or downward) as a first serve (slice or flat serve) 2 nd serve = Putting the ball in play (more arced trajectory)	
#25	Tactical, when receiving a hard distant ball (ball far to the right, far to the left), How to defend by playing high and deep in the center of the court	Tactical, 1 st serve = Using a more direct trajectory (or downward) and varying the direction as a first serve (slice or flat serve) 2 nd serve = Putting the ball in play (more arced trajectory)	
#26	Tactical, attack or defend when receiving a distant ball (far to the right, far to the left)		
#27	Tactical, when receiving a fast ball, How to defend by playing high and deep in the center of the court		
#28	Tactical, attack or defend when receiving balls from different speeds (slow ball = attack, fast ball = defense)		
#29	Tactical, when receiving an easy ball, learn to switch the play when the opponent is at the net (by using a passing shot or by using a lob)		