




**PLANNING 10 WEEKS YELLOW 3**

			
WEEK	SHOTS AFTER BOUNCE	SERVE	NET
#1	<a href="#">Cooperation, height</a>	<a href="#">Cooperation, height</a>	<a href="#">Volley, cooperation B.M.P.</a>
#2	<a href="#">Cooperation, distance</a>	<a href="#">Cooperation, distance</a>	<a href="#">Complementary games, cooperation height (shots after bounce)</a>
#3	<a href="#">Cooperation, direction</a>	<a href="#">Cooperation, direction</a>	<a href="#">Volley, cooperation B.M.P.</a>
#4	<a href="#">Cooperation, distance-direction</a>	<a href="#">Cooperation, distance-direction</a>	<a href="#">Complementary games, cooperation distance (shots after bounce)</a>
#5	<a href="#">Adaptation, distance (receiving high and deep balls or short balls) on forehand</a>	<a href="#">Cooperation, distance-direction</a>	<a href="#">Volley, cooperation B.M.P.</a>
#6	<a href="#">Adaptation, distance (receiving high and deep balls or short balls) on forehand</a>	Cooperation, B.M.P.	<a href="#">Complementary games, cooperation direction (shots after bounce)</a>
#7	<a href="#">Adaptation, direction (receiving balls far to the right, far to the left)</a>	<a href="#">Complementary games, cooperation distance (serve)</a>	<a href="#">Single games</a>
#8	<a href="#">Adaptation, distance-direction</a>	<a href="#">Opposition, direction</a>	<a href="#">Complementary games, cooperation distance-direction (shots after bounce)</a>
#9	<a href="#">Opposition, direction (varying the direction of the ball)</a>	<a href="#">Complementary games, cooperation direction (serve)</a>	<a href="#">Single games</a>
#10	<a href="#">Opposition, distance (making a drop shot or hitting deep in the court)</a>	<a href="#">Complementary games, cooperation distance-direction (serve)</a>	<a href="#">Single games</a>