




PLANNING 10 WEEKS ADULT 1.0

  			
WEEK	SHOTS AFTER BOUNCE	SERVE	NET
#1	Cooperation B.M.P.	Cooperation, B.M.P. (1/8 movement)	
#2	Cooperation, B.M.P.	Cooperation, B.M.P. (1/8 movement)	
#3	Cooperation, height	Cooperation, height (1/8 movement)	Volley, cooperation B.M.P.
#4	Cooperation, distance	Cooperation, distance (1/8 movement)	
#5	Cooperation, direction	Cooperation direction (1/8 movement)	
#6	Cooperation, distance-direction	Cooperation distance-direction (1/8 movement)	
#7	Adaptation, distance (receiving high and deep ball or short balls) on forehand	Cooperation B.M.P., (full movement in 2 steps)	Volley, cooperation B.M.P.
#8	Adaptation, distance (receiving high and deep ball or short balls) on backhand	Cooperation B.M.P., (full movement in 2 steps)	
#9	Adaptation, direction (receiving balls far to the right, far to the left)	Single games (without advantage)	
#10	Adaptation, distance-direction	Single games (with advantages)	