

## PROGRAM TIL TRENINGSSAMLING 6-7 DESEMBER 2014

|             | SATURDAY |         |                             |                  | SUNDAY |         |                                      |                  |             |
|-------------|----------|---------|-----------------------------|------------------|--------|---------|--------------------------------------|------------------|-------------|
|             | Courts   | Players | Focus                       | Coach            | Courts | Players | Focus                                | Coach            |             |
| 9,00-10,30  | 5        | 18      | TECHNIQUE ON THE NET        | Vladi            | 4      | 16      | CHANGES OF SPEED IN SINGLES          | Vladi            | 9,00-10,30  |
|             |          |         | FLAT LOB AND TOPSPIN        | Javier           | 4      | 20      | ATTACK IN DOUBLES                    | Javier           |             |
| 10,30-11,00 | FRUIT    |         |                             |                  |        |         |                                      |                  | 10,30-11,00 |
| 11,00-12,30 | 5        | 18      | DEFENSE IN DOUBLES / GAMES  | Vladi and Javier | 8      | 36      | TECHNIQUE ON THE NET: CROSS NET DROP | Vladi and Javier | 11,00-12,30 |
|             |          |         |                             |                  |        |         | SEQUENCES WITH NET DROP              |                  |             |
| 12,30-12,45 | LUNCH    |         |                             |                  |        |         |                                      |                  | 12,30-13,00 |
| 12,45-14,15 | 5        | 12      | TECHNIQUE ON THE NET        | Vladi and Javier | 8      | 36      | FOOT WORKS                           | Vladi and Javier | 13,00-14,30 |
|             |          |         | FLAT LOB AND TOPSPIN        |                  |        |         | TACTIC: SERVE-RECEPTION IN DOUBLES   |                  |             |
| 14,15-14,30 | FRUIT    |         |                             |                  |        |         |                                      |                  | 14,30-15,00 |
| 14,30-16,00 | 5        | 12      | CHANGES OF SPEED IN SINGLES | Vladi and Javier | 8      | 36      | TOURNAMENT - GAMES                   | Vladi and Javier | 15,00-17,00 |

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