



## **International Tennis Camp at the CHAMPIONS BOWL Finals 2016**

## **Daily program**

Day	Hours	Topic	Remarks
Monday 31.10. 2016	8-9	Wake up & breakfast	
	9-10	Opening ceremony	
	10-11	Introduction – dividing to groups	Mainly, acc. to age
	11-12	Warming up ' group games with coach	
	12-13	Video of Forehands	
	13-14	Lunch	
	14-17	"Friends <rivals" 2="" backhand="" each="" forehand,="" shots=""> pts</rivals">	
	17-19	Leisure	
	19-21:30	Dinner	
	21:30	Good night	
<u>Tuesday</u> 1.11. 2016	8-9	Wake up & breakfast	
	9-10	Backcourt – side to side movements	
	10-11	Practicing the topic	
	11-12	The right ways to move in tennis	
	12-13	Leisure	
	13-14	Lunch	
	14-17	Tournament	
	17-19	Tournament / Leisure	
	19-21:30	Dinner	





Wednesday   2.11. 2016   9-10   Moving in towards short balls   10-11   Practicing the topic   11-12   Showing videos   12-13   Leisure   13-14   Lunch   14-17   Tournament   17-19   Tournament   18-21:30   Good night   19-21:30   Serves, Volley   10-11   Practicing the topic   11-12   Control components (direction etc.)   12-13   Leisure   13-14   Lunch   14-17   Tournament   17-19   Tournament   17-19   Practicing the topic   11-12   Control components (direction etc.)   12-13   Leisure   13-14   Lunch   14-17   Tournament   17-19   Tournament   Leisure   19-21:30   Good night     Friday   4.11. 2016   9-10   Open court for attacking situations   10-11   Practicing the topic   11-12   Basic tactics   12-13   Leisure   13-14   Lunch   14-17   Tournament   17-19   Tournament   Leisure   19-21:30   Leisure   19-21:3		21:30	Good night	
2.11. 2016   9-10   Moving in towards short balls				
10-11	Wednesday 2.11. 2016	8-9	Wake up & breakfast	
11-12   Showing videos   12-13   Leisure   13-14   Lunch   14-17   Tournament   Leisure   19-21:30   Dinner   21:30   Good night   Go		9-10	Moving in towards short balls	
11-12   Showing videos   12-13   Leisure     13-14   Lunch     14-17   Tournament     17-19   Tournament   Leisure     19-21:30   Dinner     21:30   Good night		10-11	Practicing the topic	
13-14		11-12	Showing videos	
14-17   Tournament   17-19   Tournament / Leisure   19-21:30   Dinner		12-13	Leisure	
17-19   Tournament / Leisure   19-21:30   Dinner		13-14	Lunch	
19-21:30   Good night		14-17	Tournament	
21:30   Good night		17-19	Tournament / Leisure	
Thursday   3.11. 2016   8-9   Wake up & breakfast		19-21:30	Dinner	
3.11. 2016   9-10   Serves, Volley   10-11   Practicing the topic   11-12   Control components (direction etc.)   12-13   Leisure   13-14   Lunch   14-17   Tournament   17-19   Tournament / Leisure   19-21:30   Dinner   21:30   Good night     Serves   Serves   Good night     Serves   Serves   Good night     Serves   Good night   Serves   Good night     Serves   Good night     Serves   Good night     Serves   Good night     Serves   Good night     Serves		21:30	Good night	
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10-11 Practicing the topic  11-12 Control components (direction etc.)  12-13 Leisure  13-14 Lunch  14-17 Tournament  17-19 Tournament / Leisure  19-21:30 Good night  Friday 4.11. 2016  9-10 Open court for attacking situations  10-11 Practicing the topic  11-12 Basic tactics  12-13 Leisure  13-14 Lunch  14-17 Tournament  17-19 Tournament / Leisure	Thursday 3.11. 2016	8-9	Wake up & breakfast	
11-12   Control components (direction etc.)   12-13   Leisure		9-10	Serves, Volley	
etc.)		10-11	Practicing the topic	
13-14		11-12		
14-17   Tournament		12-13	Leisure	
17-19   Tournament / Leisure   19-21:30   Dinner		13-14	Lunch	
19-21:30   Dinner		14-17	Tournament	
21:30   Good night		17-19	Tournament / Leisure	
Friday 4.11. 2016  9-10 Open court for attacking situations 10-11 Practicing the topic 11-12 Basic tactics 12-13 Leisure 13-14 Lunch 14-17 Tournament  17-19 Tournament / Leisure		19-21:30	Dinner	
4.11. 2016       9-10       Open court for attacking situations         10-11       Practicing the topic         11-12       Basic tactics         12-13       Leisure         13-14       Lunch         14-17       Tournament         17-19       Tournament / Leisure		21:30	Good night	
4.11. 2016       9-10       Open court for attacking situations         10-11       Practicing the topic         11-12       Basic tactics         12-13       Leisure         13-14       Lunch         14-17       Tournament         17-19       Tournament / Leisure				
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12-13       Leisure         13-14       Lunch         14-17       Tournament         17-19       Tournament / Leisure		10-11	Practicing the topic	
13-14 Lunch 14-17 Tournament 17-19 Tournament / Leisure		11-12	Basic tactics	
14-17 Tournament 17-19 Tournament / Leisure		12-13	Leisure	
17-19 Tournament / Leisure		13-14	Lunch	
		14-17	Tournament	
19-21:30 Leisure		17-19	Tournament / Leisure	
, , , , , , , , , , , , , , , , , , , ,		19-21:30	Leisure	





	21:30	Good night
<u>Saturday</u> 5.11. 2016	8-9	Wake up & breakfast
	9-10	Practice Routines
	10-11	Tournament
	11-12	Tournament
	12-13	Tournament
	13-14	Lunch
	14-17	Trophy Ceremony
	17-19	Leisure
	19-21:30	Leisure
	21:30	Good night