



International Tennis Camp at the CHAMPIONS BOWL Finals 2016

Daily program

Day	Hours	Topic	Remarks
<u>Monday</u> 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 shots each Forehand, Backhand> pts	
	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	



	21:30	Good night	
<u>Wednesday</u> 2.11. 2016	8-9	Wake up & breakfast	
	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 / Leisure	
	19-21:30	Dinner	
	21:30	Good night	
<u>Thursday</u> 3.11. 2016	8-9	Wake up & breakfast	
	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	
<u>Friday</u> 4.11. 2016	8-9	Wake up & breakfast	
	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	



	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	