



General Information 2024

Dates

Week 1 / 1.-7.9.2024

Week 2 / 8.-14.9.2024

Week 3 / 22.-28.9.2024

Program

Monday

8-9 fitness

9-11 drills, tennis technical and tactical part

Lunch time, free activities

17-19 tennis rallies and matches + stretching

Tuesday

8-11 fitness + tennis

Lunch time, free activities

17-19 tennis matches + stretching

Wednesday

9-11 fitness and tennis

Lunch time, free activities

16:30 -19:30 tennis + individual game analyze

Thursday

8-11 fitness, tennis

Lunch time, free activities

Afternoon free activities

Friday

8-11 fitness, tennis,

Lunch time, free activities

17-20 tennis + searching + individual game analyze

Saturday

8-11 fitness + tennis

Lunch time, free activities

15-17 individual instructions for future tennis steps and week resume

The players will be divided in groups (max. 4 players) according their level of tennis.