



Weekly Schedule at the Bozovic Tennis Academy 2018

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-12:00	Training (Tennis & Conditioning) for High Performance Juniors					Training Individual Skills Sessions	Tournaments & Social activities
12:00-13:00	Lunch Break						
13:00-20:00	Stroke Stabilization through drilling exercises Timing & Consistency	Game based situations Variations Defensive / Neutral / Offensive	Tactical Drills with Focus on Serving & Returning & Match situation (Scoring pressure)	Application of Tactics Decision Making Focus on weapons / Intensity Competitive Exercises	Match play Singles & Doubles Mental routines	Tournaments & Social Activities	

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