

Sunday, 28.02.2010. 9.00-15.00	
8:00-8:50	Registration
9,00-10,00	Beni Linder „Speed and agility drills on court 2“
10:15-11:15	Ljubomir Antekolović “Explosive strength development and sustainability in tennis”
11:30-12:30	Boris Neljak, Marijan Dugandžić, Petar Barbaros Tudor “Motor development for young tennis players”
12:30-13:00	PAUSE
13:00-14:00	Slaven Hrvoj “Complex training in tennis”
14:00-15:00	Julio Tous “Strength and conditioning” “Physical training in tennis based on strength and power”