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Bulevar Vojvode Mišića 24, Belgrade
Head coach: Dragan Ilić (ITF levels 1 & 2)



TENNIS PRACTICE AND TRAINING

Recreational | Competitors | Individual trainings

DAILY TENNIS CAMP BELGRADE

08 - 09 h | Sign in
09 - 11 h | On court drills
(technical, tactical, mental)
11 : 00 h | Break
12 : 00 h | Social activities (team sport)
13 : 30 h | Lunch

Break

15 - 17 h | Match play – point construction
17 : 00 h | Cool down and stretching



HALF DAY CAMP BELGRADE

08 - 09 h | Sign in
09 - 11 h | On court drills
(technical, tactical, mental)
11 : 00 h | Break
12 : 00 h | Social activities (team sport)



TENNIS CAMP ZLATIBOR

7 or 10 days camp

Tennis - 6 h a day
(technical, tactical, mental, matches, point construction and matches)
Evening activities with campers from all around the world
Accommodation - Boarding with 5 quality meals
Transportation from Belgrade to Zlatibor



DAILY ACTIVITIES

08:00 | Breakfast
09:00 | Morning session
12:30 | Lunch
15:00 | Afternoon session
17:00 | Cool down and stretching
18:30 | Dinner
19:00 | Evening activities
21:00 | Dorm time
22:00 | Bed time

Name / Parent name / Last name

Date of birth

Email and Phone

Comments

TOURNAMENT DAY SCHEDULE

08:00 | Breakfast
09:00 | Tournament trip (lunch time
individual depending on the match play)
18:30 | Dinner
19:30 | Evening activity
21:00 | Dorm time
22:00 | Bed time