

#BounceBack
#AnHourADay

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**REGISTRO PROFESIONAL
DE TENIS**



This new concept in integral coaching consists of the 4 pillars of learning which have been united, intertwined and interconnected so that any individual can achieve their

Ideal Performance State

técnico	táctico	físico	mental
			
te - tecnico	ta - tactico	ti - tísico	me - mental



tetofime

The 4 Components for the Coach and the Player



The Coach

Zone 1: Professional Ability

Qualifications, training, experience, vision
Strengths and weaknesses

Zone 2: Personal Image

Physical, cleanliness, organisation, punctuality

Zone 3: Technology

Computer, video, web, material and teaching aids

Zone 4: Facility

Court, changing rooms, offices, shops

Zone 5: Relations

Type of relationship with customers and colleagues

técnico



The Coach

Zone 1: Planning

Goals: Long, medium and short term

What do I get from my students?

Finance: control, monitoring, reporting

Zone 2: Teaching Philosophy

System: Global or analytical

Individual & Group teaching: advantages and disadvantages

Zone 3: Preparation

Court, material, teaching aids, work plan/written

Rituals to get good habits

Zone 4: Service

Establish service level

Basic, expected, additional, excellent

Zone 5: Communication

Verbal, nonverbal and kinesthetic

Effective communication

táctico



The Coach

Zone 1: Performance/Energy

Recovery: 7/8 hours

Break every 2 hours

Zone 2: Nutrition

5 meals a day

I need/want: 75/25 Rule

Zone 3: Hydration

Water, juices and other drinks

I Need / Want: 75/25 Rule

Zone 4: Equipment

Courts, balls, racket, strings, footwear, clothing

Zone 5: Physical status

The physical energy barrier is fatigue

Fitness levels

Total energy = Fitness

físico



The Coach

Zone 1: Passion

Personal reality: where you are and where you go
Determines the level and depends on you

Zone 2: Attitude

Knowledge, energy, enthusiasm, patience
Purpose: clear and deep to determine the intensity

Zone 3: Motivation

Generated in the language.
Emotional state: positive or negative (ratio 3 / 1)
Emotions / Determine the quality

Zone 4: Discipline

Balance: daily work, consistency, confidence
Concentration: focus on the here and now (present, not the past and not the future)

Zone 5: Commitment

Available time
Energy

mental



The Ideal Performance State



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