

#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



tetofime

The 4 Components for the Coach and the Player



The Player

Zone 1: Benchmarks

- 5 Actions
- Initiation, preparation, attack, contact and finish

Zone 2: Mechanical strength

- Types of grips: Influence point of contact & finish

Zone 3: Teaching

- 3 Functions: Demonstrate, mechanise & execute

Zone 4: Individual help

- Players rotate around the Pro
- Pro rotates around the players
- Reciprocal technical work with a single goal

Zone 5: Difficulty of the exercise

- 5 Rules: hand/racket, net distance/players, type of ball, player movement and full implementation/technical information

técnico



The Player

Zone 1: Priorities of the shot

- Putting the ball in play
- Direction
- Depth
- Spin
- Power

Zone 2: Direction

- Lines and net
- Down the line and crosscourt

Zone 3: Depth

- Court zones
- Height of the ball / Distances

Zone 4: Decision Making

- Reading the opponent
- Decisions making

Zone 5: Playing a point

- Tools: serve, return, rally, finish

táctico



The Player

Zone 1: Split

Body position: balance

Reading opponent

Reading the ball

Zone 2: Adjust or displacement

Situation: the player controls the ball or the ball controls the player

Find the position: feet, hand and racket

Movement: forward, lateral and backwards

Zone 3: Support

Groundstrokes: closed/open/inside out

Volleys: 6 footwork positions

Zone 4: Type of force

Force arm/body

Mechanical Strength: Arm & Racket

Physical Strength: Levers of the body

Zone 5: Recovery

Depending on the stroke made

Baseline/Mid court /Net

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The Player

Zone 1: Environment of the player

- Fun, physical activity, social, competitive

Zone 2: Learning

- States: mental, practical, automatic
- Rules: read, hear, see, ask, do, teach

Zone 3: Talent

- Talent, motivation, attitude

Zone 4: Reinforcement & Punishment

- Activity, attention, tangible

Zone 5: Mental routines

- Emotional control at the end of the point, positive/negative attitude, visualise, walk, control of eyes, control of breathing, control pressure of the hand on the racket, rituals for the serve/return, towel to relax/touch the fence, relax the dominant hand

mental



The Ideal Performance State



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