

COACH COURSES

Program 2008-2009

1. COACH COURSES DESCRIPTION

Academia Sánchez-Casal together with the Spanish Tennis Professional Registry (RPT), offers the following programs for coaches, with authorized diploma by the European Registry of Tennis Professional and the International Coaches Institute.

The Academy has got its own didactic dossier where has been collected the work system by all its worthy technical staff. Every pupil, whichever is the program chosen, will receive a copy of such dossier.

The Academy realizes the following courses for coaches:

- **WEEKLY COACH COURSE**
- **MONTHLY PRACTICAL COACH COURSE**

After the realization of whichever among these courses, when can be demonstrated a 150 hours practical experience and the approval of the exams, the Academy awards the following diplomas:

- Coach Academia Sánchez-Casal (more than 70% of the punctuation)
- Assistant-Coach Academia Sánchez Casal (Between 50% and 70% of the punctuation)

The Intensive Coach Course can take place both in the same Academy as outside of it, all around the world. At least one every year takes place in the Academy in coincidence with the International Tournament of Barcelona.

2. CONTENTS OF THE COURSES

The Programmes for coaches of the Academy, have the following contents:

- Introduction to Academia Sánchez-Casal
- Introduction to RPT FUERA
- Academia Sánchez-Casal tennis style
- Academia Sánchez-Casal training system
- Academia Sánchez-Casal technical exercises
- Basic Tennis and Competition Tennis until 14 years.
- Academy Coach course programs
- Players Video analysis system
- Playing pattern and strategy
- Technical and Competition Planning
- Physical training in Academia Sánchez-Casal
- Mental training and nutrition
- Physiotherapy and Injuries prevention
- The Education in Academia Sánchez-Casal
- Tennis Materials
- Coaching in the professional
- Sports Management & Marketing

3. WEEKLY COACH COURSE

The Weekly Coach Course is directed to those tennis professionals who want to be trained through the observation of the practical work in Academia Sánchez-Casal, together with the professionals of the same Academy.

During their staying, they will have a personal tutor from the Academy who coordinates a schedule of interviews with all the professionals of the Academy, who gives them lessons about the several subjects developed in the course.

4. MONTHLY PRACTICAL COURSE

The Practical Monthly Course is directed to those tennis professionals who want to be trained through participating to the Academia Sánchez-Casal, together with the professionals of the same.

During their staying, they will have a personal tutor from the Academy who coordinates the schedule of collaboration in the several technical areas and the interviews with all the professionals of the Academy, who gives them lessons about the several subjects developed in the course.

5. COACH COURSE PRICES

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| • Weekly Coach Course | \$800 |
| ▪ Lodging with meals -6 nights | \$400 |
| • Monthly Practical Coach Course | \$800 |
| ▪ Lodging with meals-30 nights | \$1.600 |

(6% Tax Included)