



## COACHING

# High Performance Coach Development

## AS-C Basic Level Trainer Course

2010

### 1. DESCRIPTION

Academia Sánchez-Casal together with the Spanish Tennis Professional Registry (RPT), offers the following programmes 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 its entire worthy technical staff. Every pupil, whichever is the programme chosen, will receive a copy of such dossier.

The Academy realizes the following courses for coaches:

- WEEKLY Coach Course**
- MONTHLY PRACTICAL Coach Course**
- INTENSIVE Coach Course**
- INTERCHANGE PRACTICAL Course (SUMMER)**

After the realization of whichever among these courses, when can be demonstrated 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 Programs for coaches of the Academy, have the following contents:

1. Introduction to Academia Sánchez-Casal
2. Introduction to RPT
3. Academia Sánchez-Casal tennis style
4. Academia Sánchez-Casal training system
5. Academia Sánchez-Casal technical exercises
6. Basic Tennis and Competition Tennis until 14 years.
7. Academy Coach course programmes
8. Players Video analysis system
9. Playing pattern and strategy
10. Technical and Competition Planning
11. Physical training in Academia Sánchez-Casal
12. Mental training and nutrition
13. Physiotherapy and Injuries prevention
14. The Education in Sanchez-Casal Academy
15. Tennis Materials
16. Coaching in the professional
17. 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. It is available every week of the year according to the Academy professional's availability.

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 Sánchez-Casal Academy, together with the professionals of the same.

It is available from September to May and the participation to this course will depend on a "tennis and coaching skills" test.

According to the result of this test, the Academy will decide which among the coaches interested in the Practical Course, is available to stay on court and teach our student/athletes for 1 month. Those who won't be allowed into the Practical Course will be still able to go through our Weekly Coach Course.

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. INTENSIVE COACH COURSE

It is developed in 3 days and it has duration of 25 hours. The course is given by Emilio Sánchez Vicario and Luis Mediero when it takes place outside the Academy and by different people of the Academy staff and Luis Mediero when it takes place inside the Open Sports Club. The course has theoretic and practical contents.

## 6. SUMMER INTERCHANHE COACH COURSE

The Interchange Practical Course is directed to those tennis professionals who want to be trained through participating to the Sánchez-Casal Academy, together with the professionals of the same, during a period at least 4 weeks long in Summer (between the 20th of June and the 29th of August).

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.

The Academy selects the candidates who interchange the training and full board accommodation for the daily collaboration in the Academy working schedule.

## 7. ACCOMMODATION

**WEEKLY** and **MONTHLY** course: Accommodation on campus is provided according to availability and ONLY in low season (September the 10th till May the 31st). Those who participate to the Weekly Course in high season (June the 1st to Sept the 7th) will have to make their own accommodation arrangements.

**SUMMER INTERCHANGE** course: Accommodation is provided in some apartment close to the academy. Full board and daily transportation are provided by the Academy.

## 8. COACH COURSE PRICES

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| ○ <b>Weekly Coach Course (Available every week of the year)</b>   | <b>455 €</b>  |
| ▪ <b>Full board accommodation</b>                                 | <b>535 €</b>  |
| ○ <b>Monthly Practical Coach Course (not available in Summer)</b> | <b>675 €</b>  |
| ▪ <b>Full board accommodation + laundry service</b>               | <b>1.260€</b> |

(8% Iva Included)