



VIDEO ANALYSIS

2009-2010

1. DESCRIPTION OF HIGH PERFORMANCE TECHNICAL EVALUATION

High Performance Technical Evaluation offers a full technical evaluation of forehand, backhand, volleys and serve, on DVD complete with written evaluation and suggestions for improvement. The duration of the complete technical evaluation is between 2 to 3 hours and is available only at the Academy campus.

Our expert video analysis staff, with our experienced coaching team, conducts the evaluation throughout the year.

Like all of our work at the Academia Sanchez-Casal, we are guided by our philosophy of “developing successful young people in all aspects of life, using tennis and education as the vehicle for personal development.” All student athletes receive the relevant support systems to help them fulfil this goal, and we believe technical analysis is one such area.

The content of the Journey is equal regardless of a student’s status as a resident or non-resident.

HIGH PERFORMANCE TECHNICAL EVALUATION

- Monday to Friday: Available, duration between 2 to 3 hours

2. DESCRIPTION OF HIGH PERFORMANCE TACTICAL EVALUATION

High Performance Tactical Evaluation offers tactical competencies evaluated through match play against different opponents, on DVD with written evaluation and suggestions for improvement. The duration of the complete tactical evaluation can be up to 4 hours and is available only at the Academy campus.

Our expert video analysis staff, with our experienced coaching team, conducts the evaluation throughout the year.

Like all of our work at the Academia Sanchez-Casal, we are guided by our philosophy of “developing successful young people in all aspects of life, using tennis and education as the vehicle for personal development.” All student athletes receive the relevant support systems to help them fulfil this goal, and we believe technical analysis is one such area.

The content of the Journey is equal regardless of a student’s status as a resident or non-resident.

HIGH PERFORMANCE TACTICAL EVALUATION

- Monday to Friday: Available, duration up to 4 hours

3. DESCRIPTION OF HIGH PERFORMANCE INDIVIDUAL ANALYSIS

High Performance Individual Analysis offers the opportunity to have a particular area of your game analyzed by our expert staff. All components, technical, tactical, mental and physical, can be recorded and analyzed. Students receive a DVD complete with written evaluation and suggestions for improvement. Individual analysis is available in multiples of 1 hour.

Our expert video analysis staff, with our experienced coaching team, conducts the evaluation throughout the year.

Like all of our work at the Academia Sánchez-Casal, we are guided by our philosophy of “developing successful young people in all aspects of life, using tennis and education as the vehicle for personal development.” All student athletes receive the relevant support systems to help them fulfil this goal, and we believe technical analysis is one such area.

The content of the Journey is equal regardless of a student’s status as a resident or non-resident.

HIGH PERFORMANCE INDIVIDUAL ANALYSIS

- Monday to Friday: Available, duration 1 hour