



Training systems – Game based approaches in Spain

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International Tennis Federation

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International Tennis Federation - The World Governing Body of Tennis JUMP to more ITF websites

ITF tennis.com **DEVELOPMENT**

Home News Development Programme National Programmes Development Officers JTI Player Development

ITF Development

Welcome to the Development Weblet, part of ITF Online
This section of the ITF's Official website contains information on Development. Please click on the link above to find out more...

ITF Development Links

 [Grand Slam Development Fund](#)  [Olympic Solidarity](#)

ITF Coaches Education
(02 Aug 2004) Coaches Education continues to be a priority for the Development Programme, with biennial Regional Workshops an integral part of this activity. For further information please see the [Coaching Weblet](#)...

Uzbekistan players dominate ITF Zone 3 Asian Junior Championships
(24 Sep 2004) After eight days of highly contested matches, the ITF Zone 3 Asian Junior Championships held at the National Tennis Stadium in Ashgabat, Turkmenistan came to a close on 22nd September 2004....

Success for the ITF Junior Team to North America
(21 Sep 2004) The 2004 ITF International Junior Team Tour to North America came to an end in the American state of Kentucky this weekend....

Photo Gallery

Upcoming Development Events

19 - 30 September
ITF/OS Regional Level II Coaches Course, Sozopol, Bulgaria

25 Sept - 6 October
ITF Level II Coaches Course, Cali, Colombia

28 Sept - 9 October
ITF/OS Regional Level II Coaches Course, Bahrain

2 - 10 October
ITF Level I Coaches Course, Amman, Jordan

4 - 12 October
ITF/OS Pre Level II Coaches Course, Addis Ababa, Ethiopia

4 - 15 October
ITF/OS Regional Level II Coaches Course, St Vincent & the Grenadines

2004 South-East Europe Regional Training Camp
(12 Aug 2004) The first ever ITF / Tennis Europe South-East Europe Regional Training Camp for players aged 14 & Under was held at the Ankara Tennis Club in Turkey from 8 - 13 August 2004....

ITF Pacific Oceania Junior Championships 2004
(31 Aug 2004) The 2004 ITF Pacific Oceania Junior Championships (POJC) was another exciting affair, with the team from the West Pacific continuing its domination of the annual event which plays host to the best 18 & Under and 14 & Under players from throughout the Pacific region....

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www.itftennis.com/development

- Juniors
- Wheelchair
- Equipment
- Tournaments
- Training
- Facility grants

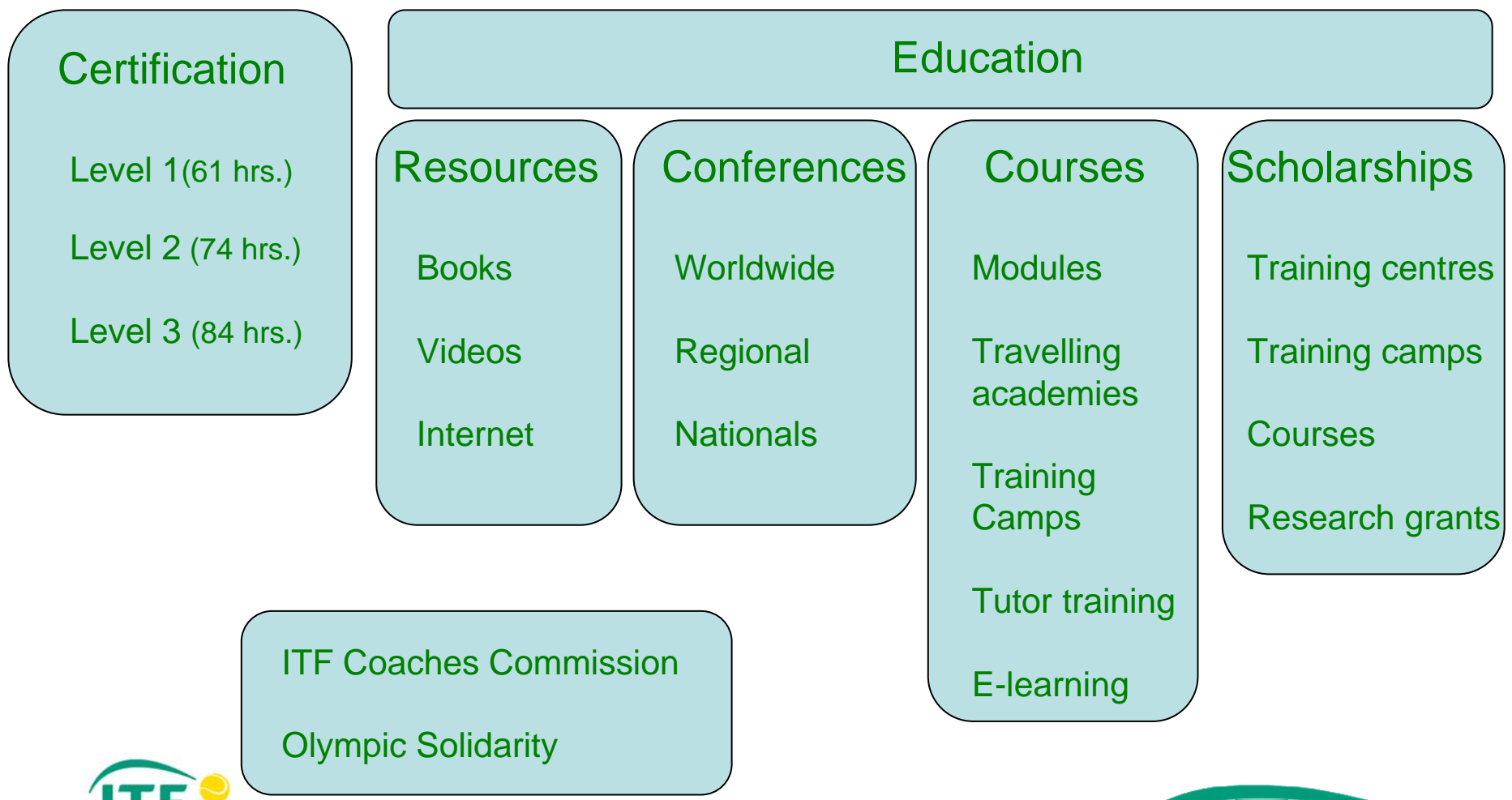
ITF and Coaches' Education

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- Goals:
 - Help educate around 200 NA as to the importance of CE
 - Improve level of coaching worldwide
 - Assist NA develop their own CEP's
- Means:
 - ITF – GSDF budget
 - IOC-OS help
- ITF does NOT certify coaches
- NAs certify their coaches using the ITF syllabi

ITF Coaches' Education Programme





Tennis iCoach

The ITF's New Members Only tennis coaching website.

Featuring:

Video (ATP & WTA Players, ITF Coaching Conferences), Technical & Biomechanical Analysis, eLearning Modules, Sequence Photographs, Specialist Tennis Articles plus much, much more!



BACKGROUND – SITUATION IN SPAIN

- 9,000 tournaments in general
- Junior international tournaments:
 - 7 Tennis Europe
 - 6 ITF WJC...not more?
- Good tradition
- Clubs very active
- Good weather
- Enough number of facilities

CAUSES OF SUCCESS OF SPANISH TENNIS

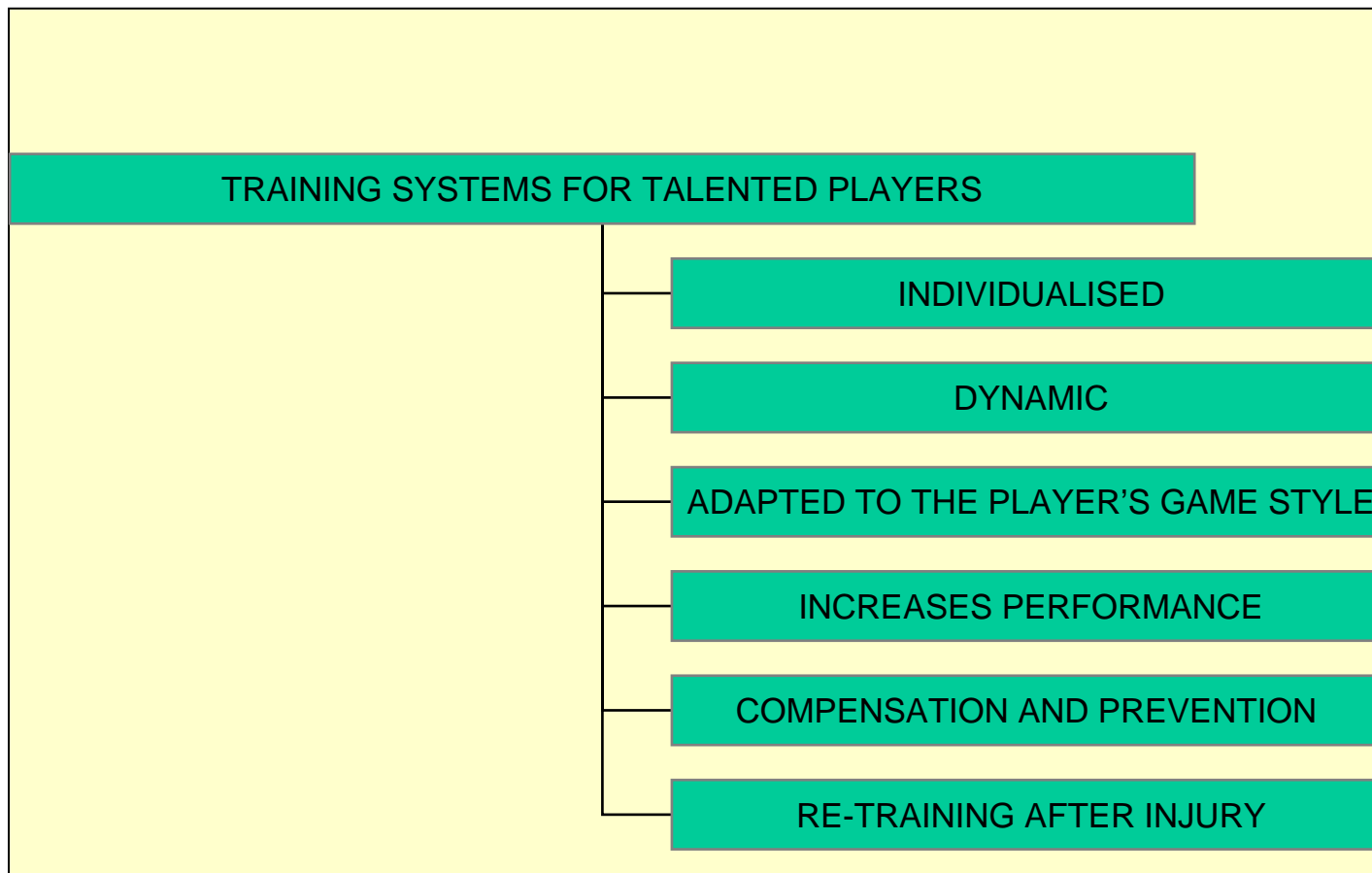
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1. Competitions
2. Training
3. Weather
4. Coaches education
5. Tradition
6. Co-ordination RFET
7. Good luck
8. Hard work

TRAINING SYSTEMS

1. Solid principles:
 1. Sport science
 2. Experience
 3. Player centered
2. Complex
3. Integrated

KEY FACTORS IN THE TRAINING SYSTEMS OF TALENTED TENNIS PLAYERS



GAME BASED APPROACHES IN SPAIN

- Strong tactical base:
 - Gradually improving the serve
 - Good return
 - Baseline game
 - Using angles
 - Moving the opponent
 - Building a strength (usually FH)
- The “myth” of the clay court:
 - Ads
 - Cons
- More Spaniards playing better on hard courts!!

GAME BASED APPROACHES IN SPAIN

- Sound technical fundamentals:
 - Racquet acceleration and control
 - Footwork
 - Grips
- Mentally:
 - Tough...very tough!
- Physically...like a “bull” :
 - Endurance
 - Speed
 - Power
 - COMPLEX TRAINING!!