spanish tennis teaching system

NOW YOU CAN BE CERTIFIED AS COMPETITIVE COACH & PROFESSIONAL COACH

INTERNATIONAL COACHES INSTITUTE

Naples
(FLORIDA-USA)

CCC LEVEL 1
Competitive Coaching Course

December 2021
3rd - 5th

20 USPTA EDUCATION CREDITS

MASTER CLASS IN ALL COURSES BY ARANTXA SÁNCHEZ VICARIO

Pro CC LEVEL 2
Pro Coaching Course

December 2021
5th - 7th

academia SÁNCHEZ-CASAL florida

RPT

ONLINE OR ONSITE COACHES COURSES

INFORMATION & RESERVATION

Academia Sánchez-Casal (Florida) • International Coaches Institute, Inc.
2035 Sanchez- Casal Way • 30105 Naples, Florida - USA
PHONE: (+1) 239 263 1818
CELL: (+1) 702 8494291 (Oscar Rodríguez) • (+1) 239 6410078 (Lucas Regas)
icicoaches@sanchez-casal.com • coaches@sanchez-casal.com

WHAT'S ICI?

The International Coaches Institute is a corporation created for the purpose of providing a meeting point for all professionals in the tennis industry who want to specialize in the competitive field. This is an organization that aims to support the professional work of the coaches and partners to improve the quality and prestige of the profession.

The Institute offers the opportunity to prepare coaches for a higher level in the pyramid of tennis development and to prepare players within the competitive arena. It is a methodology based in the Sánchez-Casal system, a unique and effective tennis method that has help many elite players like Murray, Dimitrov, Hantuchova, Kuznetzova, Ivanovic, Monaco ... among others.

This Spanish Tennis System has proved its results in the last 25 years, RPT has played a key role in developing more than 6.000 coaches in Spain and partnering with ASC since their foundation in 1999.

To participate in ICI courses, every coach must be previously certified by National Tennis Federation, Registro Profesional de Tenis (RPT), Professional Tennis Coaches Association (PTCA), United States Professional Tennis Association USPTA), Professional Tennis Registry (PTR), the United States Tennis Association (USTA) or being an ATP & WTA ranked player.

The ICI offers a job board for all of its partners, counsel to any tennis club or college linked with the competition, opinions and advise by experts, materials and latest trends. Soon ICI will provide othe services to help coaches with a team of experts. The International Coaches Institute would like to collaborate with you and we are sure to find ways to work together.

ASC Naples (Florida) is the home of ICI America and is proud to host coaches and players an share with them the knowledge and materials of our successful courses.

With this initiative we want to give credit to **Tim Heckler**, our American mentor and promoter of high performance courses and the improvement of coaching in the United States. We hope to contribute and improve upon his legacy as the largest contributor to the biggest coaches organization.

Emilio Sánchez Vicario
ICI President

SPANISH TENNIS TEACHING SYSTEM

CCC LEVEL 1

CompetitiveCoachingCourse

Coaching players 12-18 years old

The Competitive Coaching Course (12-18 yars old) is designed as a response to the high demands of today's tennis, where are players pushed at a young age to begin competing. Through the Competitive Coaching Course, a teaching tennis professional will acquire the necessary skills (technical, tactical, physical and mental) needed to transition to the next level of the pyramid in the Spanish Method of training.

Upon completion of the intense on and off court course, the tennis professional will receive accreditation as a "Competitive Coach" under the Spanish Method, recognized worldwide.

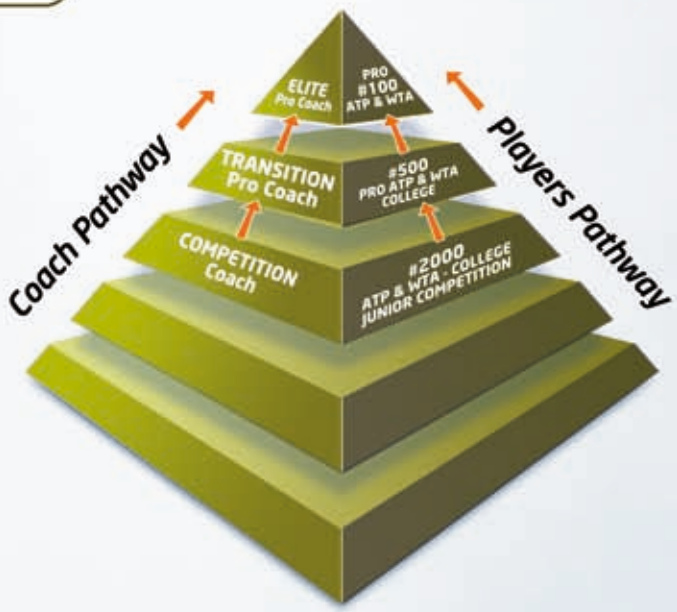
Pro CC LEVEL 2

ProCoachingCourse

Coaching Juniors to professionals

The Pro Coaching Course (+18 years old) is designed for those Competitive Coaches who want to devote their time and energies into developing players whose ambitions and talents far exceed the recreational club player.

The Pro Coaching Course will provide the competitive tennis professional with the necessary tools (technical, tactical, physical and mental) needed to coach the transition from junior to Pro Level. Upon completion of the intense on and off court course, the tennis professional will receive acreditarion as "Professional Coach" under the Spanish Method, recognized worldwide.



INTERNATIONAL COACHES INSTITUTE

INTERNATIONAL CERTIFICATIONS:

Participants will recive Certification Diploma from the International Coaches Institute with +30.000 Sports Coaches in 124 countries. ICI Certifications are also homologated by: Registro Profesional de Tenis, European Registry of Tennis Professionals, Academia Sánchez-Casal, Asociación de Profesionales de la Enseñanza de Tenis de España, Professional Tennis Coaches Association, ESTESS Athletic University, International Registry of Tennis Professionals and United States Professional Tennis Association.

CompetitiveCoachingCourse

TETAFIME is a model that uses educational patents for developing four pillars: Technical, Tactical, Physical and Mental, which are integrated and interconnected to achieve the Ideal Competitive State.

ICI LEVEL 1

Coaching players 12-18 years old

PROGRAM

SESSION #Classroom
ICI Philosophy and Spanish Training System used for Competition players and coaches
- Tennis Pyramid
- 4 Components

SESSION #Classroom
- Strokes and their mechanics for coaches training players from 12-18
- Training Stages

SESSION #On Court
- Physical training for players 12-18 years
- Stretching for players 12-18 years
- On court practice (1 hour)

SESSION #Classroom
- Footwork Movements and Adjustments for players 12-18 years
- Physical training, recovery and injury prevention for players 12-18 years

SESSION #On Court
- Drills to learn how to decide
- Basic Exercises (1st chain)
- On Court Practice Basic Exercises (1 hour) Hand Exercises (30 min)

SESSION #Classroom
- Training System: drills, controls & competition exercises
- Doubles to improve singles

SESSION #On Court
- Different test for coaches to analyze players
- Hand exercises (2nd chain)
- On Court Practice Hand exercises (30 min)

SESSION #Classroom
- Tactical: Eye, space, placement
- Tactical Drills

SESSION #Classroom
- Mental training
- Coaches & parents environment

SESSION #On Court
- Control exercises
- Competition exercises
- On court practice: Controls and competition exercises (1 hour)
- On court practice: Basic and hand exercises review (30 min)

SESSION #Classroom
- The habits of a good coach
- How to develop character

SESSION #Classroom
- How to manage a team from players 12 to 18 years
- Differences coaching boys and girls

INTERNATIONAL COACHES INSTITUTE

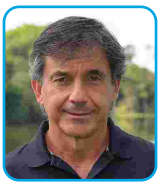
certifications

TEST:
Writing Test
On Court Coaching Test

CERTIFICATIONS:*
ICI & RPT Competition Coach (+80%)
ICI & RPT Assistant Coach (+60%)

* **CERTIFICATIONS:**
Participants will recive Certification Diploma from the International Coaches Institute with +35.000 Sport Coaches in 124 countries,ICI Certifications are also homologated by: Registro Profesional de Tenis, European Registry of Tennis Professionals, Academia Sánchez-Casal, Asociación de Profesionales de la Enseñanza de Tenis de España, Professional Tennis Coaches Association, ESTESS Athletic University, International Registry of Tennis Professionals and United States Professional Tennis Association.

team



Emilio Sánchez Vicario
- President of ICI & Sánchez-Casal Founder
- Former #7 ATP in singles and #1 in doubles - Olympic Gold Medalist in China, 2008
- Davis Cup Champion, 2008 - Spain´s Team Captain
- RPT International Master Professional & USPTA Master Professional

Derek Touchette
- NASM PES, USAW, USAW-SP
- Fitness Director at AS-C Florida & ICI America
- Total Athetic Performance Founder
- Trained athletes for the NFL, NBA, MLS, USA Soccer and also trained players such as Sharapova, Jankovic, and Mirny among others

Luis Mediero
- CEO of the International Coaches Institute
- RPT Founder
- Director of courses, clinics and conferences in +80 countries
- RPT International Master Professional & USPTA Master Professional

Lucas Regas
- Tennis Director ASC Florida
- Spanish top 100 player & NJCAA #1 2003 / 2004
- Coach of Kirilenko, Gallovits-Hall and Bryan Brothers (Assistant)
- RPT Professional Coach & USPTA Elite Professional

Victor Hugo
- Head Pro Academia Sanchez Casal Naples
- Bachelor Science in Economics in Santa Clara
- Junior College All American
- NCAA Division 1 player
- RPT Professional Coach & USPTA Elite Professional

Arantxa Sánchez Vicario
- WTA #1 in Singles & Doubles
- 4 Grand Slam Singles Titles
- 6 Grand Slam Doubles Titles
- 4 Grand Slam Mix-Doubles Titles
- 4 Olympic Medals
- 5-time Fed Cup Champion
- Spain`s Fed Cup Captain

& STAFF

prices

Online Course Fee: 450 $ (US) / Onsite Course Fee: 450 $ (US)
ICI / RPT Test Fee & Club Services: 300 $ (US)

The test will always be carried out in person at any center of the Sánchez Casal Academy or at any ICI / RPT course taught all over the world. Once you have passed the on-court and written exams, you will receive the corresponding professional qualifications from the International Coaches Institute and the Registro Profesional de Tenis / Registry of Tennis Professionals.

USPTA - RPT 100 € DISCOUNT MEMBERS

COURSE INCLUDES
- Course Fee
- Attendance Diploma
- Folder & notepad & Pen
- Manual CCC Level 1
- WES Password

USPTA 20 USPTA EDUCATION CREDITS

INFORMATION & RESERVATION

Academia Sánchez-Casal (Florida) • International Coaches Institute, Inc.
2035 Sanchez- Casal Way • 30105 Naples, Florida - USA
PHONE: (+1) 239 263 1818 • CELL: (+1) 702 8494291 (Oscar Rodríguez) • (+1) 239 6410078 (Lucas Regas)
icicoaches@sanchez-casal.com • coaches@sanchez-casal.com

ProCoachingCourse

TETAFIME is a model that uses educational patents for developing four pillars: Technical, Tactical, Physical and Mental, which are integrated and interconnected to achieve the Ideal Competitive State.

ICI LEVEL 2

Coaching juniors to professionals

PROGRAM

tetafime

SESSION #Classroom
ICI Philosophy and Spanish Training System used for Professional players and coaches
- Tennis Pyramid at Pro level
- 4 Components of Pro Level

SESSION #Classroom
- Patterns of play Pro Level
- Training stages Pro Level

SESSION #On Court
- Serve, volley, offense
- Definition of exercises (3rd Chain)
- On Court practice:Definition 1 hour. (3rd Chain)

SESSION #Classroom
- Professional Level vs College Level
- Transition in ATP vs WTA

SESSION #Classroom
- Maximum performance
  - Periodization
  - Factors (weakness and strengths)
  - TRX

SESSION #6 On Court
- Movement (1 hour)
  - Multidirectional
  - Change of speeds
  - Explosive power

SESSION #Classroom
- Developing mental pillar at Pro Level
- Players and parents from the Pro Level environment

SESSION #On Court
- Defensive drills
- Defense exercises (4th Chain)
- On court Practice of defense Exercises (1 hour)

SESSION #On Court
- Transfer of weight (5th Chain)
- Controls with movement
- On court Practice Transfer & Controls (1 hour)

SESSION #On Court
- How to improve singles with doubles
- Doubles exercises
- On court Practice Doubles exercises (30 minutes)

SESSION #Classroom
- Traveling on tour
- Player periodization

SESSION #On Classroom
- ESology: References on court
- Planning sessions

INTERNATIONAL COACHES INSTITUTE

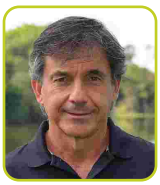
certifications

TEST:
Writing Test
On Court Coaching Test

CERTIFICATIONS:*
ICI & RPT Professional Coach (+70%)

*** CERTIFICATIONS:**
Participants will recive Certification Diploma from the International Coaches Institute with +35.000 Sport Coaches in 124 countries,ICI Certifications are also homologated by: Registro Profesional de Tenis, European Registry of Tennis Professionals, Academia Sánchez-Casal, Asociación de Profesionales de la Enseñanza de Tenis de España, Professional Tennis Coaches Association, ESTESS Athletic University, International Registry of Tennis Professionals and United States Professional Tennis Association.

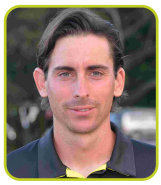
team



Emilio Sánchez Vicario
- President of ICI & Sánchez-Casal Founder
- Former #7 ATP in singles and #1 in doubles - Olympic Gold Medalist in China, 2008
- Davis Cup Champion, 2008 - Spain´s Team Captain
- RPT International Master Professional & USPTA Master Professional

Derek Touchette
- NASM PES, USAW, USAW-SP
- Fitness Director at AS-C Florida & ICI America
- Total Athetic Performance Founder
- Trained athletes for the NFL, NBA, MLS, USA Soccer and also trained players such as Sharapova, Jankovic, and Mirny among others

Luis Mediero
- CEO of the International Coaches Institute
- RPT Founder
- Director of courses, clinics and conferences in +80 countries
- RPT International Master Professional & USPTA Master Professional



Lucas Regas
- Tennis Director ASC Florida
- Spanish top 100 player & NJCAA #1 2003 / 2004
- Coach of Kirilenko, Gallovits-Hall and Bryan Brothers (Assistant)
- RPT Professional Coach & USPTA Elite Professional

Victor Hugo
- Head Pro Academia Sanchez Casal Naples
- Bachelor Science in Economics in Santa Clara
- Junior College All American
- NCAA Division 1 player
- RPT Professional Coach & USPTA Elite Professional

Arantxa Sánchez Vicario
- WTA #1 in Singles & Doubles
- 4 Grand Slam Singles Titles
- 6 Grand Slam Doubles Titles
- 4 Grand Slam Mix-Doubles Titles
- 4 Olympic Medals
- 5-time Fed Cup Champion
- Spain`s Fed Cup Captain

& STAFF

prices

Online Course Fee: 450 $ (US) / Onsite Course Fee: 450 $ (US)
ICI / RPT Test Fee & Club Services: 300 $ (US)

The test will always be carried out in person at any center of the Sánchez Casal Academy or at any ICI / RPT course taught all over the world. Once you have passed the on-court and written exams, you will receive the corresponding professional qualifications from the International Coaches Institute and the Registro Profesional de Tenis / Registry of Tennis Professionals.

USPTA - RPT 100 € DISCOUNT MEMBERS

COURSE INCLUDES
- Course Fee
- Attendance Diploma
- Folder & notepad & Pen
- Manual Pro CC Level 2
- WES Password

USPTA 20 USPTA EDUCATION CREDITS

INFORMATION & RESERVATION

Academia Sánchez-Casal (Florida) • International Coaches Institute, Inc.
2035 Sanchez- Casal Way • 30105 Naples, Florida - USA
PHONE: (+1) 239 263 1818 • CELL: (+1) 702 8494291 (Oscar Rodríguez) • (+1) 239 6410078 (Lucas Regas)
icicoaches@sanchez-casal.com • coaches@sanchez-casal.com