

spanish tennis teaching system

NOW YOU CAN BE CERTIFIED AS
COMPETITIVE COACH & PROFESSIONAL COACH

Emilio Sánchez Vicario

President & Founder
Academia Sánchez-Casal



Naples

(FLORIDA-USA)

CCC LEVEL 1

Competitive Coaching Course

.....
May 30th - June 1st
2020



10 USPTA EDUCATION CREDITS

Pro CC LEVEL 2

Pro Coaching Course

.....
June 2020

1st - 3rd



Luis Mediero

President & Founder RPT



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) 239 529 8112 (Rogelio del Haro)
icicoaches@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 helped 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 advice by experts, materials and latest trends. Soon ICI will provide other 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 and 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

Competitive Coaching Course

Coaching players
12-18 years old

The Competitive Coaching Course (12-18 years old) is designed as a response to the high demands of today's tennis, where players are 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.



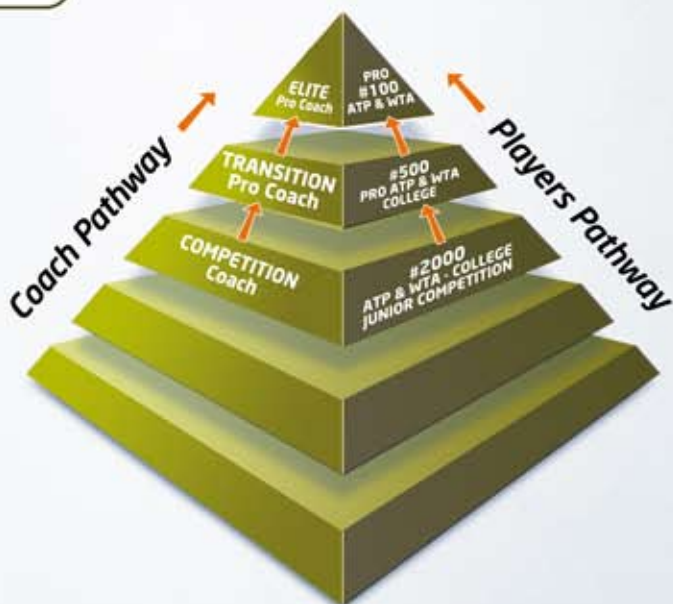
Pro CC LEVEL 2

Pro Coaching Course

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 accreditation as "Professional Coach" under the Spanish Method, recognized worldwide.



INTERNATIONAL CERTIFICATIONS:

Participants will receive Certification Diploma from the International Coaches Institute with +35.000 Sports Coaches in 122 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.

Competitive Coaching Course



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



certifications

TEST:
 Writing Test
 On Court Coaching Test

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

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team



Emilio Sánchez Vicario

- President of International Coaches Institute (ICI America)
- Academia 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 Athletic Performance Founder
- Trained athletes for the NFL, NBA, MLS, USA Soccer and also trained players such as Sharapova, Jankovic, and Mirny among others



Lucas Regas

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



Luis Mediero

- CEO of the International Coaches Institute (ICI America)
- RPT Founder
- Author of patented teaching methods from mini-tennis to competitive players
- Director of courses, clinics and conferences in +80 countries
- RPT International Master Professional & USPTA Master Professional



Eva Borrás

- Sport Psychologist
- Sports Mind Director ASC Florida
- Highest WTA Ranking #500
- Bachelor of Psychology
- Master of Psychology of Physical Activity & Sport
- RPT Professional Coach

& STAFF

prices

Course Fee: 450 \$ (US) (Must be certified by: USPTA, PTR, USTA, RPT, PTCA or ATP/WTA players)
 Test Fee & ICI Club Services: 300 \$ (US)
 TOTAL: 750 \$ (US)



INCLUDES

- Course Fee
- Folder & notepad
- Testing Fee & Services
- Pen & Certificates
- WES Password



INFORMATION & RESERVATION

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**ICI
LEVEL 2**

**Coaching juniors
to professionals**



PROGRAM



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





certifications

TEST:
Writing Test
On Court Coaching Test

CERTIFICATIONS: *
ICI Professional Coach (+70%)

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