

Postgraduate Diploma Tennis Player Training

Endorsed by the NBA





Postgraduate Diploma Tennis Player Training

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-tennis-player-training

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01

Introduction

The elite tennis, after the emergence of new stars such as Carlos Alcaraz or Denis Shapovalov, is immersed in a constant growth of level that forces athletes to train with maximum demand to develop their full potential. Therefore, athletes choose to surround themselves with highly qualified trainers in the periodization of training or in the enhancement of serve and stroke attributes. For this reason, TECH has designed this program, with which the coach can acquire all the techniques to create a sports planning adapted to the objectives of the tennis player, favoring their access to professional tennis. All this, through a 100% online program and with the best multimedia resources in the academic market.





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With this program, you will learn the most effective techniques to design the planning phases of the tennis player's training, with the objective of helping them to improve their skills in order to reach their competitive goals”

Nick Kyrgios or John Isner have stood out throughout their professional careers for their refined serve technique. On the other hand, Jannik Sinner has the most powerful backhand in the world, according to an ATP report. These aspects are not only the result of a magnificent genetic predisposition, but also involve hard work with their coaches. This fact highlights the relevance of having extensive knowledge of the strategies and tools that optimize the training planning of these tennis players to help them perfect their attributes and, consequently, to achieve professional success.

Faced with this situation, TECH has promoted the creation of this program, which will enable the student to identify the most relevant and up-to-date aspects in terms of techniques and tools for working with elite tennis players. During 6 intensive months of learning, students will analyze the benefits and disadvantages of *hand feeding* and *racquet feeding* training systems and detect the methods that enable the improvement of service and return techniques.

In addition, they will delve into the psychological aspects that allow for an effective mental preparation with the tennis player.

Thanks to the fact that this Postgraduate Diploma is developed through a 100% online methodology, the student will achieve excellent learning without having to travel to a study center. In addition, this program is designed and taught by coaches with extensive experience with high-level tennis players. Therefore, the knowledge acquired by the student will be fully applicable in their professional life.

This **Postgraduate Diploma in Tennis Player Training** contains the most complete and up-to-date scientific program on the market. The most important features include:

- Practical case studies are presented by experts in tennis of elite
- The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- Practical exercises where the self-assessment process can be carried out to improve learning
- Its special emphasis on innovative methodologies
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- Content that is accessible from any fixed or portable device with an Internet connection



Analyze, through this program, the benefits of hand feeding and racquet feeding training systems to optimize the performance of the tennis player”

“

The 100% online methodology with which this program is developed will allow you to study without having fixed schedules”

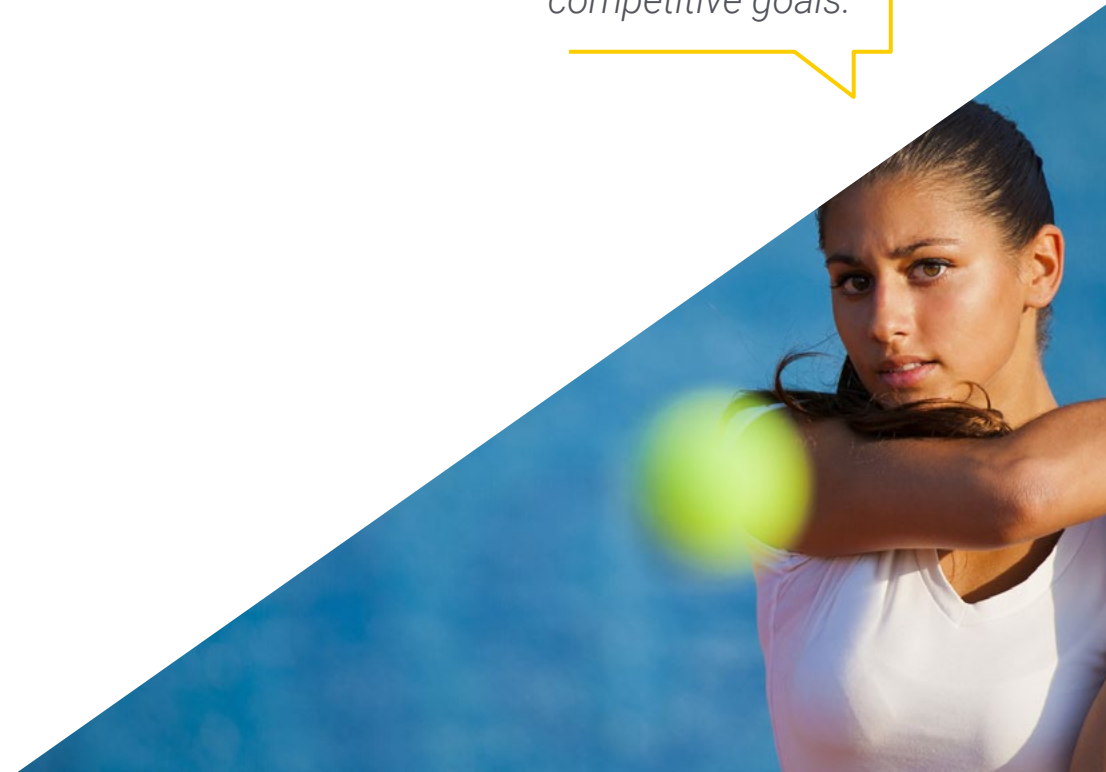
The program's teaching staff includes professionals from the sector who contribute their work experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

Perfectly combine your personal and professional tasks with your learning through the study resources that TECH puts at your disposal.

Master, throughout this academic program, the best strategies to manage the mental training of the tennis player and encourage their thoughts to be aligned with their competitive goals.



02 Objectives

The Postgraduate Diploma in Tennis Player Training has been developed to provide students with the most advanced and relevant knowledge in this field. Throughout the academic period, they will detect the best strategies for the periodization of training or the mechanisms to help the athlete to improve their stroke. All of this, while following a series of objectives that TECH has set for this program.



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Multiply your chances of gaining access to the best professional tennis academies and the most prestigious international clubs after completing this Postgraduate Diploma”



General Objectives

- ♦ Distinguish the different stages of tennis training and know how to work in each of them
- ♦ Know the tennis regulations and how to apply them
- ♦ Understand the figure of the tennis coach from an ethical and moral point of view, and understand the crucial role played by the mental aspect in tennis players
- ♦ Delve into the physical preparation necessary for a tennis player and injury prevention
- ♦ Raising awareness of the importance of technology in today's tennis and analyzing its evolution

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Become a renowned coach in the field of tennis of elite thanks to the knowledge that you will acquire in this TECH program”





Specific Objectives

Module 1. Training at Different Stages, Training, Planning and Periodization

- ◆ Knowing the different stages of tennis in training
- ◆ Know how to work in each of the different stages of the process
- ◆ Distinguish between the type of ball used at each stage
- ◆ Learn the dimensions of the tennis courts at each stage
- ◆ Have basic knowledge of different training systems: Hand Feeding, Racquet Feeding, coach Volley, etc

Module 2. Technique of Realization of Tennis Strokes

- ◆ Know what the technique is, what it is used for and how to achieve it efficiently
- ◆ Know the basic tennis strokes and how to perform them correctly from a technical point of view
- ◆ Delve into the special tennis strokes and know how to perform them correctly from a technical point of view
- ◆ Learn the different effects that exist in the game of tennis

Module 3. Coaching Ethics and Psychology in Tennis

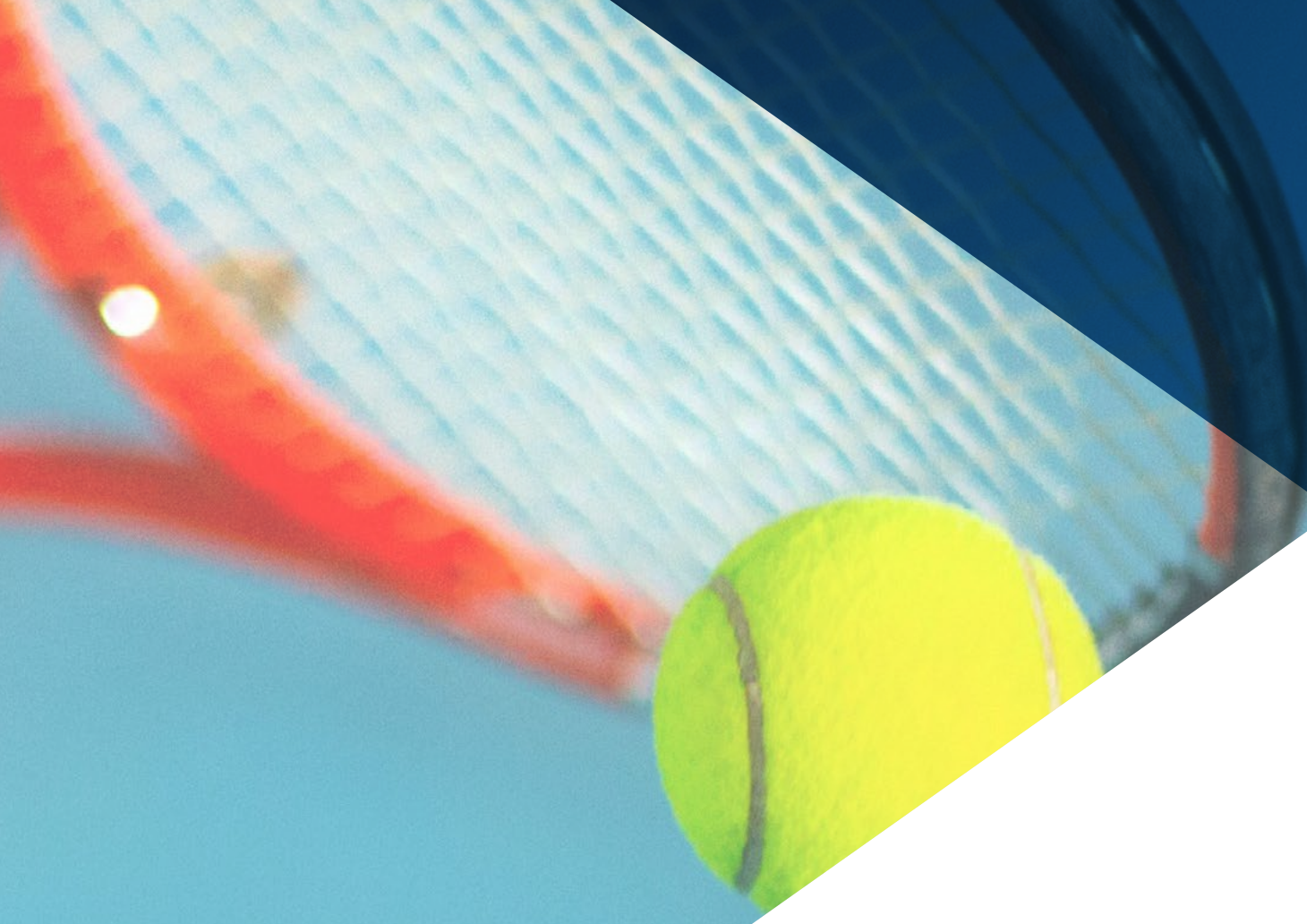
- ◆ Provide the necessary tools for the student to become a positive leader
- ◆ Introduce basic notions about psychology and understand its importance in working with tennis players
- ◆ Assimilate different formulas for mental training
- ◆ Understanding the hemispheres of the brain, their importance and applicability to tennis

03

Course Management

With TECH's idea in mind to offer its students a program with the highest academic level, this program has a teaching staff made up of the best elite coaches in the field of tennis, who are actively working in prestigious clubs and institutions. Since these specialists are responsible for the elaboration of all the didactic resources available to the student during this Postgraduate Diploma, the contents they will provide will be in line with the latest developments in this field.





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In order to provide you with the most professionally applicable knowledge, this academic program is taught by leading tennis coaches”

Management



Mr. Ramos Camacho, Alejandro

- ♦ Tennis coach at the Rafa Nadal Academy
- ♦ Coach at the JMO Tennis Academy
- ♦ Coach at Valle de Aridane Tennis Club
- ♦ Graduate in Primary Education
- ♦ National Monitor by the Royal Spanish Federation
- ♦ RPT Level 2

Professors

Mr. Goldie Barrios, Federico

- ♦ Tennis coach at the Rafa Nadal Academy
- ♦ Trainer at the Uruguayan Tennis Association
- ♦ Tennis trainer at the Bigua Club
- ♦ Teacher of group and individual tennis lessons
- ♦ Course at the ITF Play Tennis, Uruguayan Tennis Association
- ♦ Course at the ITF Level I
- ♦ Course at the ITF with Applied Psychology in Tennis



04

Structure and Content

The syllabus of this program is made up of 3 modules through which the student will identify the most relevant and innovative aspects regarding the techniques and tools for working with elite tennis players. The teaching resources that will be available throughout this Postgraduate Diploma are present in a wide range of textual and multimedia formats. With this, TECH's intention is to enable 100% online learning, enjoyable and completely personalized.





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This syllabus has been designed by the best professional tennis coaches to provide you with the most up-to-date didactic content in this area”

Module 1. Training at Different Stages, Training, Planning and Periodization

- 1.1. General Aspects of Tennis at the Grassroots and their Importance
 - 1.1.1. Introduction to Basic Tennis
 - 1.1.2. Evolution of Grassroots Tennis Training
 - 1.1.3. Conceptualization and Definition of Tennis in Stages
 - 1.1.4. General Objectives for the Promotion of Tennis Work in Stages
- 1.2. General and Specific Objectives of Tennis Training
 - 1.2.1. Tennis Characteristics in Stages
 - 1.2.2. General Objectives of Tennis in Training
 - 1.2.3. Factors Influencing Tennis Initiation
 - 1.2.4. Specific Objectives for Each of the Existing Stages of Training
- 1.3. Stages of Tennis Training and How to Work on Each Stage
 - 1.3.1. Red Stage, Definition and Characteristics
 - 1.3.2. Yellow Stage, Definition and Characteristics
 - 1.3.3. Green Stage, Definition and Characteristics
 - 1.3.4. Coach Effectiveness at Different Stages
- 1.4. Post-training Stages, Concept and Objectives
 - 1.4.1. Precompetition Stage, General Characteristics
 - 1.4.2. Introduction to the Competition Stage, Characteristics and General Objectives
 - 1.4.3. High Performance Stage
 - 1.4.4. Professional Stage
- 1.5. Training Concept, Methodology and its Evolution
 - 1.5.1. Concept of Training and its Evolution Throughout History
 - 1.5.2. Modern Training System What does it consist of?
 - 1.5.3. What is the Methodology?
 - 1.5.4. Methodology Objectives
- 1.6. Tennis Training Systems
 - 1.6.1. Types of Tennis Training by Workload, Frequency, Volume and Intensity
 - 1.6.2. Continuous and Intervallic Training and its Main Characteristics
 - 1.6.3. Specific Training Systems (Buckets, Rallies, Points, etc.) and What Each of Them Consists of
 - 1.6.4. What are the Exercises during Tennis Training, the Procedure to be Carried Out and their Components
 - 1.6.5. Variability in Tennis Training
 - 1.6.6. Individual Training and Group Training, Theoretical and Practical Principles
- 1.7. The Training Session from a Theoretical and Practical Point of View
 - 1.7.1. Parts of the Tennis Session and What Each Part Consists of
 - 1.7.2. Elaboration of the Training Session According to the Objectives
 - 1.7.3. How to Elaborate a Training Session
 - 1.7.4. Theoretical-practical Examples of Training Session Design
- 1.8. Planning Concept, Phases and Models
 - 1.8.1. What is Planning and What are the Objectives of Planning
 - 1.8.2. Elements to Take Into Account When Planning and Setting Objectives: Facilities, Means, Player Characteristics, Competitions, etc
 - 1.8.3. Tips to Follow During Planning
 - 1.8.4. Phases of Planning and How to Develop It
 - 1.8.5. Current Planning Models
- 1.9. What is Periodization? General and Specific Concepts
 - 1.9.1. Concept of Periodization and Tennis Characteristics Related to Periodization
 - 1.9.2. Differences between Periodization and Planning
 - 1.9.3. What Benefits does Periodization Bring to Training and to the Tennis Player?
 - 1.9.4. Periodization Characteristics
- 1.10. Annual Phases of Tennis Players in Training and Competition
 - 1.10.1. The Life of a Tennis Player
 - 1.10.2. The Daily Phase
 - 1.10.3. The Microcycles
 - 1.10.4. The Mesocycles

Module 2. Technique of Realization of Tennis Strokes

- 2.1. What is the Technique? General and Specific Aspects
 - 2.1.1. What is Technique and the Importance of the Correct Execution of Tennis Strokes
 - 2.1.2. Benefits of Correct Technique
 - 2.1.3. The Stroke Cycle, General Aspects
 - 2.1.4. Talent
- 2.2. Evolution and Modern Use of the Technique
 - 2.2.1. Traditional View of the Technique
 - 2.2.2. Evolution of Technique Throughout the History of Tennis
 - 2.2.3. Current Use of the Technique. Modern Vision
 - 2.2.4. Improved Technique Based on Training
- 2.3. Handgrips, Use, Explanation and Identification
 - 2.3.1. Types of Grips and Explanation
 - 2.3.2. How to Identify Different Grips and their Correction
 - 2.3.3. Use of Grips in Different Game Situations
 - 2.3.4. Handles in Service
- 2.4. Production of Blows with Effect, Use and Explanation and Variability
 - 2.4.1. Different Effects in the Serve, How to Execute Them and Their Use
 - 2.4.2. Speed and Effect
 - 2.4.3. Lift Effect in Groundstrokes and their Use
 - 2.4.4. Slice Cut Effect in Different Game Situations, How to Execute it and its Use
 - 2.4.5. Flat Effect, How to Execute it and its Use in Different Game Situations
- 2.5. Service and Return Technology
 - 2.5.1. Position Before Service and Handle
 - 2.5.2. Ball Launching and Recommendations
 - 2.5.3. Preparation, First Racket Movement and Shoulder Loading
 - 2.5.4. Use of Legs in Service
 - 2.5.5. Upper Body Use and Rotations
 - 2.5.6. Impact Point and Termination
- 2.6. The Return
 - 2.6.1. Handle for Return
 - 2.6.2. Waiting Position in the Return
 - 2.6.3. Types of Returns
 - 2.6.4. Technical Aspects when Making the Rest (Forehand and Backhand)
- 2.7. Forehand Technique
 - 2.7.1. Right Hand Grips and Preparation
 - 2.7.2. Leg Movement in Preparation for the Forehand Stroke
 - 2.7.3. Rotation and Backward Movement of the Racket
 - 2.7.4. Rotation of Hips and Shoulders and Racket Forward to Impact
 - 2.7.5. Impact and Completion of the Forehand Stroke
- 2.8. Backhand Stroke Technique
 - 2.8.1. One-handed Backhand and Two-handed Backhand Grips and Preparation
 - 2.8.2. Movement of the Legs in Preparation for the Backhand Stroke
 - 2.8.3. Rotation and Backward Movement of the Racket
 - 2.8.4. Rotation of Hips and Shoulders and Racket Forward to Impact
 - 2.8.5. Impact and Termination Depending on Whether One-handed or Two-handed Backhand
- 2.9. Technique of the Blows in the Net
 - 2.9.1. Handle and Standby Position
 - 2.9.2. Leg Movements Prior to the Forehand and Backhand Volleys
 - 2.9.3. Rotation of the Shoulders During Preparation
 - 2.9.4. Impact and Movement of the Lower Body When Going to the Ball
 - 2.9.5. Topping, Preparation, Impact and Termination
- 2.10. Special Strikes and their Technique
 - 2.10.1. The Drop and Counter-Drop
 - 2.10.2. The Balloon
 - 2.10.3. The Passing Shot
 - 2.10.4. Other Special Blows

Module 3. Coaching Ethics and Psychology in Tennis

- 3.1. Code of Ethics of a Tennis Coach
 - 3.1.1. Introduction and Definition of the Code of Ethics
 - 3.1.2. Obligations and Requirements of the Tennis Coach
 - 3.1.3. Loyalty and Corruption
 - 3.1.4. Competition Integrity
 - 3.1.5. Offer and Application
 - 3.1.6. Regulations and Sanctioning Processes
- 3.2. The Tennis Coach and Their Role
 - 3.2.1. Who is a Tennis Coach and What is Tennis Coaching
 - 3.2.2. Trainer's Identity
 - 3.2.3. Trainer's Objectives
 - 3.2.4. The Trainer's Role and Philosophy
- 3.3. Importance of the Psychology in Tennis
 - 3.3.1. Psychology in Sports and its Main Characteristics
 - 3.3.2. The Role of the Psychology in Tennis
 - 3.3.3. Psychological Benefits of Tennis
 - 3.3.4. Other Psychological Aspects of Tennis
- 3.4. Concentration and Control of Emotions and Thoughts
 - 3.4.1. What do we Understand as Concentration?
 - 3.4.2. Factors that Influence Concentration, Concentration Problems in Tennis and How to Work on Them
 - 3.4.3. Factors Influencing Emotions in Tennis and Guidelines for their Improvement
 - 3.4.4. Thoughts and their Relationship to Confidence and Self-esteem Among Other Factors
- 3.5. What is Mental Training and How Useful is it
 - 3.5.1. Definition of Mental Training
 - 3.5.2. Benefits of Mental Training and the Use of Psychology in the Tennis Player
 - 3.5.3. Preliminary Aspects to Consider When Performing Mental Training
 - 3.5.4. Establishment of Objectives at the Psychological Level of the Tennis Player





- 3.6. Mental Training Techniques for a Tennis Player. Part I
 - 3.6.1. Concentration Control Techniques
 - 3.6.2. Cognitive Training and Attention Control
 - 3.6.3. Self-talk
 - 3.6.4. Visualization
 - 3.6.5. Routines
- 3.7. Mental Training Techniques for a Tennis Player. Part II
 - 3.7.1. The Mental Training Program
 - 3.7.2. How the Psychological Training of the Tennis Player Should be Organized
 - 3.7.3. Stages of the Mental Training Program for Tennis Players
 - 3.7.4. Mental Training Professionals
- 3.8. The Competition and the Mental Side of the Tennis Player
 - 3.8.1. Phases that a Tennis Player Goes Through During their Career on the Psychological Level
 - 3.8.2. Momentum
 - 3.8.3. Psychology and its Importance in Dealing with Bad Stages of Life
 - 3.8.4. Psychology and its Importance in Dealing with Injuries
- 3.9. Practical Exercises to Work on the Mental Aspect of the Game of Tennis
 - 3.9.1. Psychology and Game Situations
 - 3.9.2. The Mental Aspect of Service and Return
 - 3.9.3. The Mental Aspect in the Background Game
 - 3.9.4. The Mental Aspect in the Net Game
 - 3.9.5. The Mental Aspect in Different Match Situations
- 3.10. Parents and Tennis. Psychological Aspects
 - 3.10.1. The Coach-Parent-Player Relationship
 - 3.10.2. Roles of the Tennis Player's Parent and the Positive Vision of the Tennis Player
 - 3.10.3. Parent-Coach Errors
 - 3.10.4. Tips for Tennis Player's Parents

05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

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At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"



You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.



The student will learn to solve complex situations in real business environments through collaborative activities and real cases.

A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

“*Our program prepares you to face new challenges in uncertain environments and achieve success in your career*”

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

In 2019, we obtained the best learning results of all online universities in the world.

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.



In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



This program offers the best educational material, prepared with professionals in mind:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



Practising Skills and Abilities

They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



06 Certificate

The Postgraduate Diploma in Tennis Player Training guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.



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*Successfully complete this program
and receive your university qualification
without having to travel or fill out
laborious paperwork"*

This **Postgraduate Diploma in Tennis Player Training** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Tennis Player Training**

Official No. of Hours: **450 h.**

Endorsed by the NBA



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present quality
development language
virtual classroom



Postgraduate Diploma Tennis Player Training

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- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

Postgraduate Diploma Tennis Player Training

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tech technological
university