



The Spanish Way to Develop Players

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**CURSO DE COACH
ACADEMIA
SÁNCHEZ-CASAL Y RPT**

en Español

21, 22 Y 23 DE SEPTIEMBRE, 2009



**USPTA PLAYER
DEVELOPMENT
CONFERENCE**

DECEMBER 10-11-12, 2009

11st

**ACADEMIA
SÁNCHEZ-CASAL AND RPT
COLLEGE COACH COURSE**

DECEMBER 14-15-16, 2009

**ACADEMIA SÁNCHEZ-CASAL
NAPLES, FLORIDA**

MAIN SCHEDULE

AS-C History, Background and Philosophy

A Unique Training Method: The AS-C System

On Court with Emilio Sánchez Vicario & Luis Mediero:
The AS-C System at Every Stage

AS-C Student-Development Pathway:
Focus in **Competition** (Tennis and Fitness)

Excelling in Fitness: AS-C Fitness Training

On Court Fitness Training Exercises

On Court Mandatory Guided Practice Drills with Emilio
Sánchez Vicario & Luis Mediero

Medical Care for Competition Players (*Collage course*)

Developing Players **Up to 14 Years Old:**
"5 Actions Concept"

Patterns of Play: Making the Most of each Pattern

Doubles Game: Becoming a Good Doubles Player

On Court with Emilio Sánchez & Luis Mediero: AS-C
System (Part I)

Developing Players from **14 Years Old to Professional**

On Court with Emilio Sánchez & Luis Mediero:
AS-C System (Part II)

AS-C **Fitness Training** for **College** players (*Collage course*)

AS-C Fitness Training - On Court
Exercises for **College** Players (*Collage course*)

On Court Mandatory Guided Practice Drills with Emilio
Sánchez Vicario & Luis Mediero

Mental Game: Making the **Difference**

Habits of a **Good Coach**

AS-C **Fitness Training** for **Competition** players

On Court AS-C Fitness Training for Competition Players

Building Up **Teamwork**-Behind the scene in the conquest
of the **Davis Cup**



EMILIO SÁNCHEZ VICARIO

- Academia Sánchez-Casal Founder
- Former #7 ATP in Singles
and #1 in Doubles
- Davis Cup Champion, 2008
- Spain's Team Captain
- Olympic Gold Medalist in China, 2008
- Spain's Team Captain

MORE INFORMATION AND RESERVATION

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