



# WGTA TRAINING PROGRAM FOR TRAINERS

- From WGTA we encourage the retraining and the continuous training of the trainers since we are convinced that with a bigger and better formation, our work will be more professional and efficient getting new students and relying on existing ones.
- For this reason Walter Grünfeld Tennis Academy has developed a multidisciplinary training program, in a global and integral way, that includes knowledge in different areas that we consider essential to know, to master and to put into practice, so that our work has a high quality and the trainer can achieve its greatest performance in carrying out its work.
- This training is based on the WGTA SYSTEM aimed at training specialized in tennis and the certification of coaches.
- This system is divided into 11 theoretical classroom training modules and 4 practical exercise batteries that are delivered in a practical way on the court.
- TRAINING MODULES.
  - Teaching and technical training at present.
  - Analysis of tactics in tennis.
  - Physical training for the athlete-tennis player.
  - Mental training in tennis for better performance.
  - Professionalism and organization of teaching.
  - Evolution of the tennis player.
  - The work of the coach.
  - Organization and management of tennis schools (1) (business aspects).
  - Organization and management of tennis schools (2) (sports aspects).
  - Materials and technology in tennis.
  - History of tennis.
- BATTERIES OF PRACTICAL EXERCISES.
  - Exercises for teaching and correcting errors.
  - Exercises for technical-tactical training.
  - Exercises with racket and / or ball to review concepts in tournament.
  - Exercises to work the mental aspect.

- This WGTA training program can be imparted in a complete or partial way, depending on the needs of each organization as well as in person or online to adjust to the time and organizational possibilities of each group: a group of coaches, clubs, academies, Federations, etc.

- In order to optimize this service and adjust to each group we offer training in different formats:

- **WEEKEND AND WEEK TRAINING PROGRAM**

- In this format we give update days that run from 3 to 7 days in the morning and afternoon. Based on the WGTA SYSTEM program, it consists of extracting part of that information, adjusting to the times and training needs of the organization that relies on us.
- These days are always taught in a theoretical-practical way and attendees get a diploma of attendance.
- This service can be done in person at our WGTA headquarters in Barcelona or abroad, both nationally and internationally.

- **ANNUAL TRAINING PROGRAM (ONLINE).**

- To facilitate the specialized training in WGTA tennis, we bring our contents to the coach with the Annual Online Program.
- The format is similar to the previous one only that the candidate receives the 11 training modules plus the 4 exercise batteries via mail in PDF format.
- The coach is examining and studying at his own pace also counting on tutorials via Skype, seeking the necessary individualization that we always promote from WGTA in its different performances.
- In order to complete the program, the trainer performs the practical week in our headquarters the practical week, being one more component of the academy, or in his habitual work center, obtaining the titration of COACH WGTA.
- Within these programs, which we have already taught in different places of national and international geography with a great reception by the attendees, we always adapt with flexibility to the times, objectives, needs and concerns of each group that has our services , trying to always give a global, comprehensive and multidisciplinary training, adjusted to the concepts and reality of current tennis.

