

# MENTAL TOUGHNESS CERTIFICATION COURSE

# COACH COURSE COMPETITION ACADEMIA SÁNCHEZ-CASAL and RPT

 *academia*  
**SÁNCHEZ-CASAL**  
*barcelona*



OCTOBER, 8-9-10, 2010  
ACADEMIA SÁNCHEZ-CASAL  
Barcelona, Spain

OCTOBER, 11-12-13, 2010  
ACADEMIA SÁNCHEZ-CASAL  
Barcelona, Spain



Jim Loehr

World-renowned performance psychologist **Dr. Jim Loehr**, has developed a proven system for coaches to successfully teach any player critical mental skills. The Mental Toughness Certification Program is the most highly acclaimed mental training solution in today's tennis world. Learn the mental coaching skills vital to helping your create and sustain the ideal state of mind necessary to perform optimally under pressure.



Emilio  
Sánchez Vicario



Luis Mediero

### **The Spanish Way to Develop Players**

Learn the unique training system of the Academia Sánchez-Casal, which developed players like Svetlana **Kuznetzova**, Andy **Murray**, Juan **Mónaco**, Daniela **Hantuchova**, Grigor **Dimitrov**...

## Agenda

### Friday, October 8th

#### 8:00 8:30 Introduction

8:00 8:30

#### 8:30 10:30 The Mental Toughness Training Model - Building Blocks

8:30 10:30

#### 10:45 12:45 Stage 1 of Training: Defining Purpose

Toughness Training Principle

Competitive tennis demands / consequences

Main purpose for playing tennis / potential problems

Discover the purpose for playing

Re-write the main purpose for playing

Secondary purpose for playing

#### 12:45 13:45 Lunch

#### 13:45 15:15 Stage 2 of Training: Facing The Truth

Face the Truth Questionnaire & Instructions

Managing Spiritual, Mental, Emotional and Physical Truth questions & current routines

Areas in playing tennis that present problems

#### 15:30 16:30 On-Court Drills And Practices To Increase IPS Control - Part 1

Exercises to increase Awareness and Concentration

Exercise progression from ITS (Ideal Training State) to IPS (Ideal Performance State)

Points/Matches that address concerns:

- Awareness, Playing Opponent's Style, Playing Cheaters, Playing Big Points,
- Negativity, Excuse Making, Starting a New Set, Closing Games,
- Closing Sets, Muscle Tension, Intensity without Tension

#### 16:45 18:30 Prioritization - Old Story

Areas that block IPS flow

List and prioritize the top 10 major competitive IPS barriers

Writing Old Story around barrier #1

8:00 10:00

### Saturday, October 9th

#### 8:00 10:00 Writing The New Story

Assess the Effectiveness of the Private Voice

New Story around Barrier # 1

New Story as Intentional Scripting of the Private Voice

Characteristics of Story Writing that Facilitate Constructive Change

Understanding Emotions

New Story & Private Voice

10:45 11:45

#### Rituals

Removing IPS Barriers through Building New Cognitive & Behavioral Rituals

6 Keys to Building Rituals

Primary Ways to Invest Energy in Building Rituals

List new rituals needed to support IPS control on and off-court

Sample of Spiritual, Mental, Emotional and Physical Rituals

Sample of Pre-and Post Match Rituals

11:45 12:45

#### On-Court Drills And Practices to Increase IPS Control - Part 2

12:45 13:45

#### Lunch

13:45 15:45

#### On-Court Rituals

16 – Second Cure

Stage 1 The Positive Physical Response

Stage 2 The Relaxation Response

Stage 3 The Preparation Response

Stage 4 The Automatic Ritual Response

16:00 17:00

#### Accountability

Mental Toughness Training Logs

17:00 18:30

#### Program Review

### Sunday, October 10th

8:00 12:00

#### Case Studies

Practical applications of Mental Toughness Training

12:00

#### GRADUATION

# COACH COURSE COMPETITION AS-C

## Agenda



### Monday, October 11th

- 8:00 9:00 **Registration** and Material Distribution
- 9:00 9:30 Course **Overview - AS-C Philosophy**
- 9:30 10:15 The AS-C Pyramid - 5 Development Stages
- 10:15 11:30 **A Unique Training Method: The AS-C System. Foundation Stages** (1 and 2)
- 11:45 13:00 **On Court** with Emilio Sánchez Vicario: **Foundation** Stages
- 13:00 14:00 Lunch
- 14:00 15:00 The AS-C **Fitness** Training System  
Injury Prevention
- 15:00 16:00 **On Court Fitness** Training Exercises
- 16:00 17:00 **On Court** with Emilio Sánchez: **Foundation** Stages **Exercises**
- 17:00 18:00 **Practice** Guided by Emilio Sánchez and Luis Mediero

### Thursday, October 12th

- 9:00 10:30 The **Future of Spanish Tennis**: Data Analysis
- 10:30 11:30 **Patterns** of Play: Making the Most of each Pattern
- 10:00 11:30 The AS-C System: **Competition** Stages (3 and 4)
- 11:45 13:00 **On Court** with Emilio Sánchez: **Competition** Stages
- 13:00 14:00 Lunch
- 14:00 15:00 Building Up **Teamwork** The **Davis Cup** Experience
- 15:15 16:45 **On Court** with Emilio Sánchez: **Competition** Stages **Exercises**
- 17:00 18:00 **Practice** Guided by Emilio Sánchez and Luis Mediero

### Wednesday, October 13th

- 9:00 10:00 The 4 Habits of the **Good Coach**
- 10:00 11:00 The AS-C System: **Doubles** Game
- 11:15 12:00 Test Preparation
- 12:00 14:00 Written & On court Test
- 14:00 Closing address



# MENTAL TOUGHNESS CERTIFICATION COURSE & COACH COURSE COMPETITION ACADEMIA SÁNCHEZ-CASAL and RPT

## SPEAKERS



### JIM LOEHR, Ed.D.

- Human Performance Institute co-founder, leader in Energy Management Technology.
- Over 80 world-class tennis players including: Pete Sampras, Arantxa Sánchez Vicario, Mónica Seles, and Jim Courier, as well as pro golfers and basketball stars, have all been transformed through his Human Performance Institute training.

## PRICES

Mental Toughness Certification Course + 12th Academia Sánchez-Casal & RPT Course + Hotel Full Board (6 nights) + Transportation Hotel-Club-Hotel	1.250€
Mental Toughness Certification Program + 12th Academia Sánchez-Casal & RPT Course	900€
Mental Toughness Certification Program <b>or</b> 12th Academia Sánchez-Casal & RPT Course + Hotel Full Board (3 nights) + Transportation Hotel-Club-Hotel	770€
Mental Toughness Certification Program <b>or</b> 12th Academia Sánchez-Casal & RPT Course	550€

All packages Include:  
Folder and Notepad  
Pen  
T-Shirt Academia Sánchez-Casal  
USB with All the Presentations  
DVD: RPT/CDS "5 Actions Concept"  
Certificate of Attendance

### 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
- Certified by USPTA & RPT International Master Professional

### LUIS MEDIERO

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

## LANGUAGE

The program will be given in Spanish and English.

## CERTIFICATE AND EXAMS

Academy Coach and Academy Assistant Coach of the Academia Sánchez-Casal accredited by the RPT and by the European Registry of Tennis Professionals.

There will be two exams: Pedagogic and Game. To achieve Coach Certification must obtain at least 70% in both exams. To achieve Assistant Coach the grade would be between 50% and 70%.

Mental Toughness Certification Course Diploma, issued by the Human Performance Institute and recognized by the USTA.

## LOCATION

The courses will be offered at the Sanchez-Casal Academy in Barcelona.

**Academia Sánchez-Casal**  
Autovía de Castelldefels (C-31) km. 191  
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## INFORMATION AND RESERVATIONS

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