

## STRATEGY PROGRAMME FOR ADULTS ADVANCED LEVEL

- DAILY, WEEKENDS, WEEKLY, ANUAL PROGRAMME OR JUST 1 OR 2 DAYS OF THE WEEK
- INDIVIDUAL OR TWO PLAYERS MAX
- HOUR AND HALF LENGTH CLASSES
- PHYSICAL PREPARATION (OPTIONAL)

*Programme specialized in:*

### *Technique*

Shot improvement and getting better results

### *Strategy*

Preparation and timings of the match, directions, hights, ball speed and weight

### *Mental*

Preparation, explanation of matches and strategies



Programme direction: Jorge Bardou (Davis Cup), Antonio Saez (Grand Slams Coach)



for more information

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