



MODERN TENNIS METHODOLOGY COACHES ASSOCIATION

TRAINING COURSE MTMCA

13-14 July 2019

(The course will be held in Italian language)

The training course to obtain the qualification of International Coach MTMCA is addressed to MONITEUR, COACHES or TENNIS TEACHERS certified by other Tennis Federations that want to approach a new teaching methodology and update their skills or to people that want to become TENNIS TEACHER and haven't got any certificates.

Also PLAYERS of any levels can attend the course as listener and auditor. They will receive a certificate of attendance.

The course is practical and it will take place in the tennis court.

There will be analyzed the progressions, the technical and tactical elements but also the corrective actions of the basic and special strokes, the footwork, the development of a private or group lesson following the Modern Tennis Methodology approach.

Program:

- Oscar Wegner's Modern Tennis Methodology vs Traditional Method
- Stances
- Grip
- Forehand
- Two-handed backhand
- One-handed backhand
- Slice backhand
- Volley
- Smash
- Lob
- Serve
- Return of serve
- Corrective actions and drills for each stroke
- Footwork: a new perspective
- Development of a private and group lesson

Each stroke is characterized by a specific progression and steps that permit to develop a determined stroke in a natural way but at the same time to build a personal quality of movement similar to those of Pro.

The participants will have to do all the steps of the progression of a stroke to internalize the different parts of the progression and to understand how it works on each bodily segment.

Clinician:

Eleonora Calderaro

- Educational Director MTMCA (Modern Tennis Methodology Coaches Association) Europe
- International Coach MTMCA (Modern Tennis Methodology Coaches Association) Tennis Teaching Professional Clinician and Tester
- International Coach GPTCA (Global Professional Tennis Coaches Association) certified ATP
- National Tennis Teacher in Italy
- Tennis Instructor for blind recognised by IBTA (International Tennis Federation)
- Director of International Tennis Academy MTMCA
- President of MTMCA ITALIA

Peroni Giglio

- International Coach MTMCA (Modern Tennis Methodology Coaches Association) Tennis Teaching Professional Clinician and Tester
- National Tennis Teacher in Italy

Date: 13 July 2019 (9.30 AM-12.30 P.M. /2.00 P.M – 6.00 P.M.)
14 July 2019 (9.30 AM-12.30 P.M.)

Place: CENTRO TENNIS CHIASSO, Via Campagna n°4, Chiasso, Swiss

Fee: 499 Swiss Franc