



## CARBONE TENNIS

### High Performance Stages

#### Carbone Tennis Method

My method starts from a holistic evaluation of the athlete, statistically analyzing the forced and unforced errors as well as the winners in matches.

I study the common motor deficiencies that cause these mistakes. At the same time, I evaluate possible situations that may lead to injuries through specific screenings and assessments.

Then, I begin training by preventing all those movements that, during the technical learning phase, negatively influence performance by limiting technique, blocking fluency, and disrupting rhythm. Some movements, coming from daily life, may appear more simple, natural, and logical for our central nervous system, but they can conflict with tennis.

For example, lack of dominant arm control can break the flow of motor actions, visual hypoconvergence can affect head rotation, and reduced peripheral vision under pressure can cause stiffness and delays in reaction. Abilities cannot be improved, but skills can be changed in a more efficient way. It is easier to always stop with the favorite foot, rather than with the one that arrives first.

If, for instance, 9 out of 10 children hold a forehand eastern grip, when I teach the serve, I start from opposite hand and wrist positions in order to find a balance between the two situations. My athletes will initially practice the serve with the backhand face.

To reach the personal best performance, I consider the athlete at 360°. My focus is not only on the technical, tactical, and physical aspects, but also on 24/7 monitoring of the ANS (Autonomic Nervous System) through HRV (Heart Rate Variability). Together with physicians, we can assess the quality of recovery and adjust sleep, nutrition, supplementation, and other tools to lead the player toward their best expression. This check-up also considers the emotional and mental state of the athlete.

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#### Initial Evaluation

1. **Optometric and postural:** We evaluate possible visual problems and the influence of posture. Then, we analyze the speed of perception of a ball coming

from every direction. Trainings are customized by moving the basket and playing more over trajectories and positions where focalization is slower. We find the best stance and preparation for every tactical situation.

2. **Osteopathic, physio, and postural check-up:** The osteopath removes contractures and blocks in muscular districts that could lead to injuries and provides a map of the weakest kinetic chains.

3. **Nutritional:** We follow a diet aimed at avoiding intolerances and foods not compatible with the training program and sport practiced. The goal is to maintain health first, before becoming strong for sport.

4. **Physical, coordinative, and conditional:** After tests on lateral dominances and following suggestions from the optometrist and osteopath, I prepare a training schedule that includes daily stretching of muscle groups that tend to shorten and activation of non-dominant parts.

5. **Psychological:** By analyzing the behavioral features of the athlete, we focus mental training on: self-esteem growth with a positive yet realistic approach, improved focus and emotional control, maximization of attention, strategies for managing recovery phases, sleep management, and anxiety recognition and control. We apply mental coaching based on the most internationally relevant sport psychology theories.

6. **Technical:** Mistake analysis from a biomechanical and ballistic perspective, with corrections through mixed physical preparation and tennis exercises.

7. **Tactical:** Analysis of deficient tactical situations through statistical and provable zone tests.

8. **Strategical:** Match analysis and construction of a personal winning strategy based on mistakes and winners.

9. **Video analysis:** We analyze previous points on video to make the athlete aware of every aspect.

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We train on every surface, at different times and in different conditions, to accustom the athlete to competition stress such as jet lag, meal times, and temperature changes.

On-court training is divided into:

- exercises with balls given by hand
- basket drills
- rallies

Every practice is organized by counting points, codifying drills, and adding pressure with point-based formats, just like in a match.

After the first phase of holistic analysis of the athlete, the initial period focuses on technical improvement, followed by mistake control based on mental consistency combined with preparation for specific endurance, reactivity, stance control, and speed endurance.

In the second phase, we train more matches and integrate recall training for endurance and speed, also scheduled between tournaments.

All work carried out each month is reported in detail in specific files, topic by topic.

## **TENNIS COURSES**

### **Course level 1: technique (25 hours)**

**Day 1: Forehand**

**Day 2: Backhand**

**Day 3: Optometric postural and behavioral examination. Serve and return**

**Day 4: Volley and Smash**

**Day 5: Corrections resume of each shot with videoclip recording**

Repetition of the main exercises done for each shot trained during the previous four days and recording of a videoclip with the coach comments and corrections. Prescription of a program that the player can follow autonomously in his tennis club.

### **Program of the first 4 days**

5h of tennis and personal training.

1. Warm up with stances ladder (<https://www.youtube.com/watch?v=apHeLGHaPHg>), stretching, strides and precautionary gymnastic with a first evaluation of motor deficiencies, wrong postures and possible paramorphism.
2. Equipment check.
3. Videoanalysis of the shot in every critical situation that comes to light from rally.
4. Didactic corrective progression through:
  - a. Ball given by hand ([https://www.youtube.com/watch?v=YWuz9n2n6\\_s](https://www.youtube.com/watch?v=YWuz9n2n6_s)).

- b. Introduction of personal training. Proprioceptivity phase and awareness of lateral dominances using didactical equipment as medicine ball (<https://www.youtube.com/watch?v=gw19Jwrd5KI>), proprioceptive platforms, blind folds and glasses for visual training, metronome, rubber bands.
  - c. Ball given by racket from the basket.
  - d. Rally.
5. Videoanalysis of the modified shot.

## **Course level 2: strategy and tactic (25 hours)**

**Day 1: Initial match analysis**

**Day 2: Forehand and backhand**

**Day 3: Serve and return**

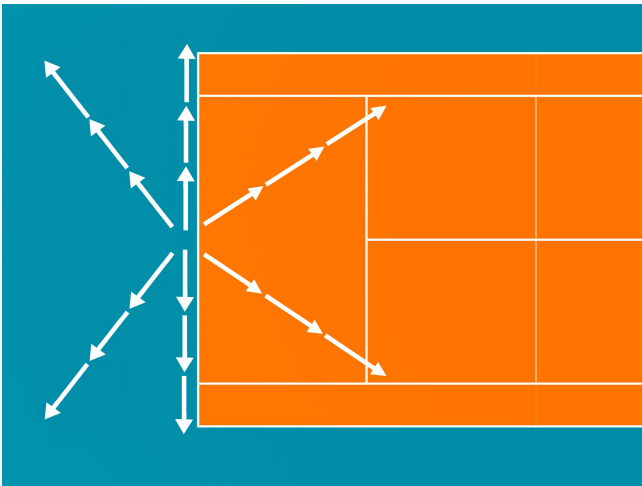
**Day 4: Volley, Smash and attack situations**

**Day 5: Combined strategies with videoclip recording of corrections and final match analysis**

### **Program of day 2-3-4**

5h of tennis and personal training.

1. Warm up with stances ladder, stretching, strides and precautionary gymnastic with a first evaluation of motor deficiencies, wrong postures and possible paramorphism.
2. Equipment check.
- 3.

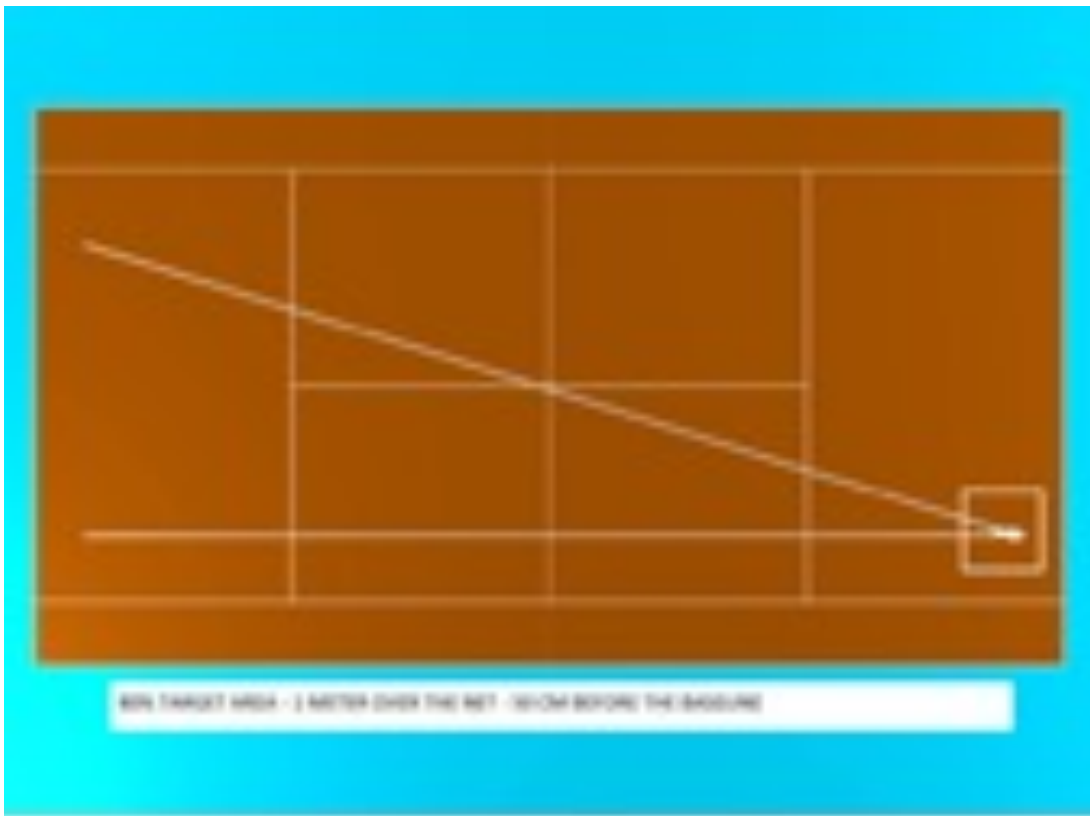


Initial evaluation of different game situations codified by the “pool of movements” (see picture) in the play zone and the different targets in the target zone.

4. Videoanalysis of critical situations.
5. Didactic corrective progression through:
  - a. Ball given by hand.
  - b. Introduction of personal training. Proprioceptivity phase and awareness of lateral dominances using didactical equipment as medicine ball, proprioceptive platforms, blind folds and glasses for visual training, metronome, rubber bands.
  - c. Ball given by racket from the basket.
  - d. Rally.
6. Videoanalysis of the modified tactical situation.
7. Elaboration of customized strategies (<https://www.youtube.com/watch?v=itmhGtVQ7fo>).

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O	I	E	A		1	5	9	13
P	L	F	B		2	6	10	14
Q	M	G	C		3	7	11	15
R	N	H	D		4	8	12	16
Zona Manovra					Zona Bersaglio			



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### **Course level 3: mental training (25 hours)**

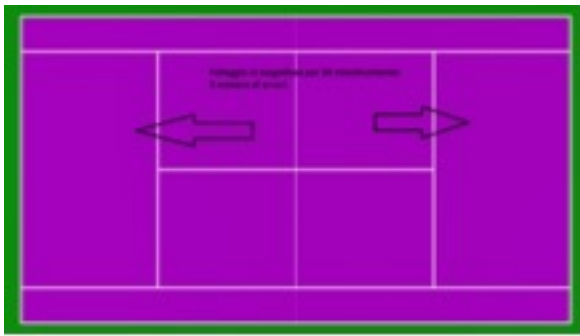
**Day 1: Initial match analysis**

**Day 2: Forehand and backhand**

**Day 3: Serve and return**

**Day 4: Volley, Smash and attack situations**

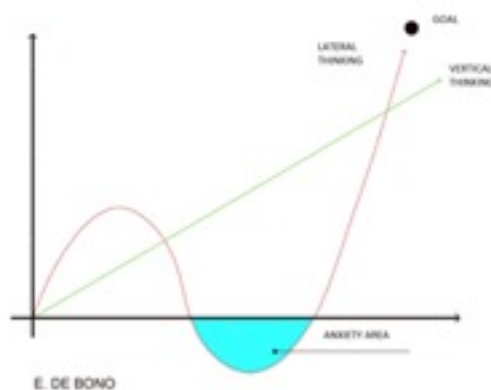
**Day 5: Combined strategies and final match analysis**



## Program

5h of tennis and personal training.

1. Initial evaluation of shots:
  - a. Through mistake test clocked (picture on the right).
  - b. Repeated shots record.
  - c. With penalties for mistakes.
  - d. In matches.
2. Training based on the same principles for the improvement of attention and concentration.
3. Specialized examination with mental trainer.
4. Technical-tactical training integrated with the suggestions of the mental trainer on:
  - a. Elaboration of objectives and victory and defeat interpretation.



b.

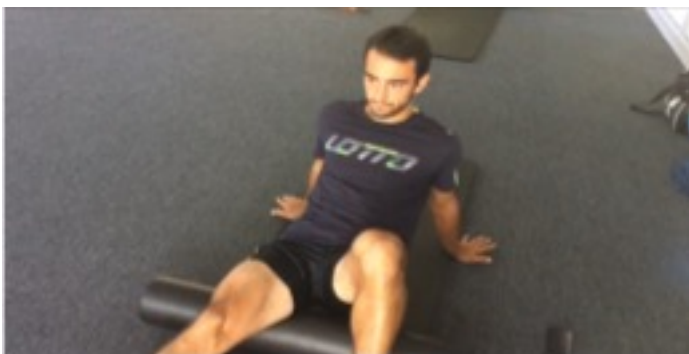
- c. Anxiety control (see picture on the right).
- d. Breath control.
- e. Communication with yourself and other people.
- f. Recovery management.
- g. Rituals.
- h. Ideomotor training.
- i. Relaxing techniques.

## **PHYSICAL TRAINING COURSES**

### **Course level 1: precautionary (20 hours)**

4 h of training

1. Postural evaluation and possible paramorphism.
2. Optometric and possible osteopathic and/or dental examination.
3. Coordinative and conditional evaluations (endurance, strength, speed, flexibility).
4. Customized and corrective training.
5. Visual training, myofascial automassage, warm up and therapeutic stretching (Borelli and Fick laws), proprioceptive training with platforms (<https://www.youtube.com/watch?v=qjhllQN5q7M>), eccentric and isometric training, stances ladder and control of lateral dominances, postural replanning by Bricot, quadrupedic gymnastic by Klapp, core trunk strengthening.





## **Course level 2: performing (20 hours)**

4 h of training

1. Fartlek training. General endurance.
2. Run with repetitions on different distances. Specific endurance.
3. Jumps. Explosive strength.
4. Stances and movements technique (<https://www.youtube.com/watch?v=b1Xf2ZiWf7U>).
5. Run uphill and downhill.
6. Circuit training. Speed endurance (<https://www.youtube.com/watch?v=LegzccDs0Yo>).
7. Starts and stops.
8. Rhythm in movements.
9. Trunk and arms strengthening with rubber bands and exercises on mat.
10. Exercises with medicine balls (<https://www.youtube.com/watch?v=L0j1vclp-Ys>).