



CARBONE TENNIS ACADEMY - ASD TENNIS TREVISO

High Performance Stage

Carbone Tennis Method

My method starts from a holistic evaluation of the athlete trying to find motor deficiencies and their causes.

At the same time, I try to evaluate possible situations that can cause injuries.

Then I start to teach preventing all those movements that in the phase of technical learning intervene negatively limiting the technique, blocking fluency and rhythm. They are movements coming from daily life, sometimes more simple, natural and more logical for our central nervous system, but in conflict with tennis.

We are used to embrace and not to move a dominant arm out while the dominant one moves forward.

It's more simple to stop always with the favorite foot and not with the one that arrives as first.

If 9 out of 10 children will handle with a forehand eastern when I teach service I will start from hand and wrist opposite positions in order to get to the middle of the two situations. My athletes will play service with backhand face in the beginning.

Let's see the details.

Initial evaluation:

- 1) optometric and postural:** we evaluate possible visual problems and the posture influence. Then we analyze the speed of perception of a ball coming from every direction. Trainings will be customized moving the basket and playing more over trajectories and positions where focalization is slower.
- 2) osteopathic and postural:** the osteopath will remove contractures and blocks of every muscular districts that can lead to possible injuries and he will show the map of the weakest kinetic chains.
- 3) nutritional:** we will follow a diet aimed at avoid intolerances and foods not compatible with the training program and the sport practiced. We will suggest a diet that keeps our body on health before being strong for sport.
- 4) physical coordinative and conditional.** After some test about lateral dominances and following suggestions of optometrist and osteopath I will prepare a training schedule aimed at daily stretch of muscular districts that tend to shorten and at non-dominant parts activation.



- 5) **psychological**: analyzing the behavioral features of the athlete we aim mental training on the following points: self-esteem growth and positive, but at the same time realistic, approach, improve of duration of concentration and emotional control, attention maximization and strategy in managing recovery phases, sleepiness management, anxiety recognition and control.
- 6) **technical**: mistakes analysis from a biomechanical and ballistic point of view and correction through mixed exercises of physical preparation and tennis.
- 7) **tactical**: analysis of deficient tactical situations through zones tests statistical and provable.
- 8) **strategical**: match analysis and construction of the personal winning strategy based on mistakes and winners.
- 9) **videoanalysis**: we will videoanalyze previous points to make the athlete aware of every aspect.

We will train on every surface and in different times and conditions to get the athlete used to competition stress for jet lag, meal times and temperatures changes.

Trainings on court are divided in exercises with ball given by hand following the Spanish Method, exercises from the basket and rallies.

After the first phase of holistic analysis of the athlete, in the first two months we will work on technical improvement, then on mistake control based on mental solidity combined with a preparation based on specific endurance, reactivity, stances control and speed endurance.

In a second phase, we will train more matches and we will combine recall trainings of endurance and speed that will be proposed also between a tournament and another one.

The work done every month will be reported in every detail in order to update the parents on everything.



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).
 - b. Introduction of personal training. Proprioceptivity phase and awareness of lateral dominances using didactical equipment as medicine ball (<https://www.youtube.com/watch?v=gw19Jwrd5Kl>), 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

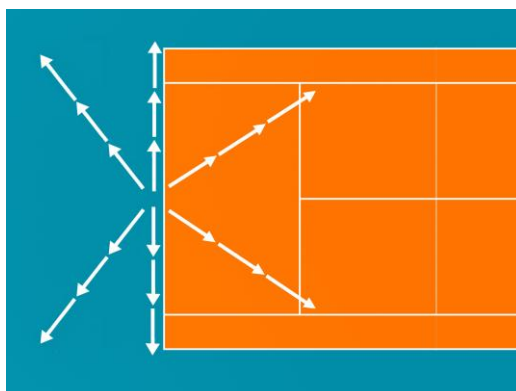
Day 4: Volley, Smash and attack situations

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

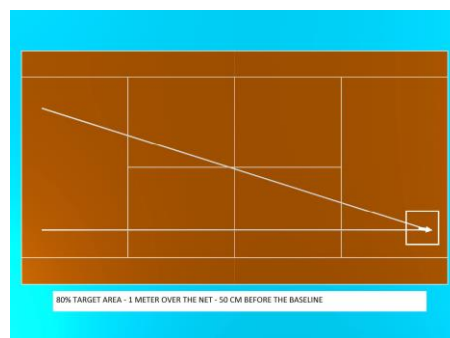
Program of day 2-3-4

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>).



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			



Course level 3: mental training (25 hours)

Day 1: Initial match analysis

Day 2: Forehand and backhand

Day 3: Serve and return

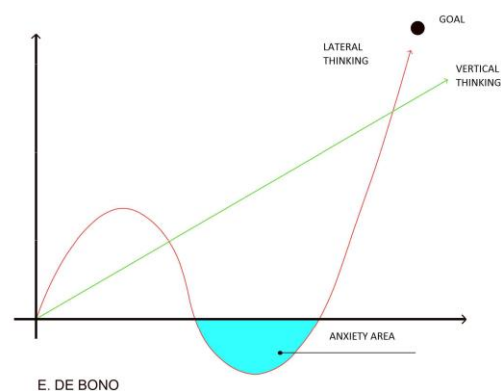
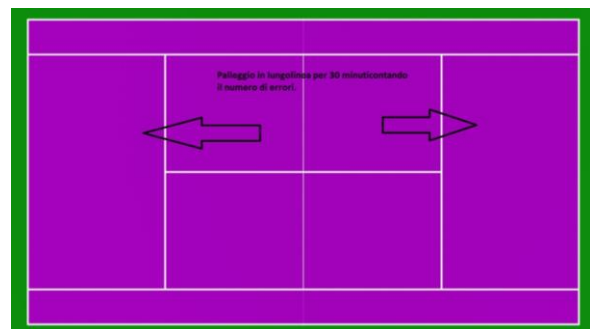
Day 4: Volley, Smash and attack situations

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

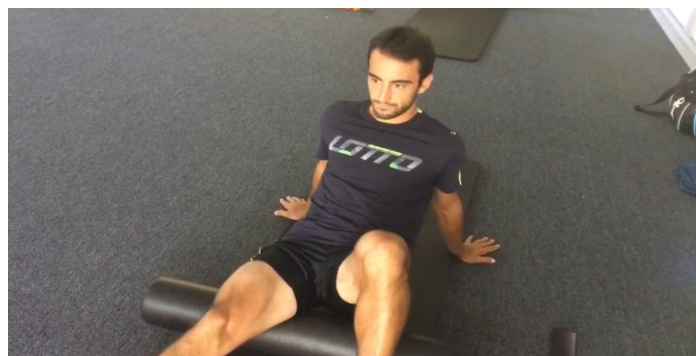


PHYSICAL TRAINING COURSES

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=qjhlIQN5q7M>), 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>).