



EDUCA<sup>T</sup>ENNIS

# Rafa Nadal Academy Camps



## Camp's Objective

1. **DEVELOPMENT OF TECHNICAL SKILLS** that will allow you to play fast, fluid and beautiful tennis.
2. **UNDERSTANDING OF TACTICS AND GAME SITUATIONS** to develop a solid and consistent game.
3. Experience the **RNA PHILOSOPHY AND UNDERSTAND THE VALUES** that build a champion.
4. Develop **MENTAL SKILLS** that will allow you to become the best competitor you can be.
5. Development of **ATHLETIC PERFORMANCE**.
6. Creation of a **UNIQUE PLAYING IDENTITY** that will develop your talent.



## Our DNA court training

### RECOGNITION & ANTICIPATION

We understand that modern tennis and tennis of the future is played first with the 'eyes', then with the 'mind', next with the 'legs' and finally with the 'hands'. In the camps we will apply training systems geared in this direction to prepare you to anticipate and take the initiative of the game.

### PATIENCE & ENDURANCE

Develop patience, endurance, and consistency from the baseline to outplay your opponents.



## Our DNA court training

### EFFORT & POWER

Build a solid game style based on effort where any defensive situation can turn into an offensive opportunity by generating power in forced positions.

### RISK MANAGEMENT & TACTICAL KNOWLEDGE

Defense and offense are always intertwined in tennis, and it's the instantaneous conversion of a losing position into a winning position that makes the sport so thrilling. Learning how to differentiate both positions and making good decisions will take your game to the next level





## Building a Champion

The mission of the entire team of the RAFA NADAL CAMPS is to try to school young athletes on the values that Rafa Nadal has transmitted on and off the court in his years of experience on the professional circuit.

The values of effort, discipline, honesty, commitment, humility, and respect, among others, are the identity mark of the Academy and the pillars that will sustain our education, training and, in general, the comprehensive development of individuals.

## Fitness

The coordination capacities of each student gives them the base to make the impossible possible, to make what is possible look easy and to make what is easy look elegant.

This includes racket skills, mobility, balance, reaction speed, agility changing directions, explosiveness of the movements and resistance.



## Learn to compete

### TOLERANCE AND FIGHTING SPIRIT

Learn to compete controlling the mind, the body language, and fighting until the last ball.

### CONFIDENCE BUILDING

Increase confidence by creating tactical solutions that favor your game.

### EMOTIONAL CONTROL & PROBLEM SOLVING ABILITIES

Learn how to focus your attention on finding solutions rather than focusing on frustration and negative thoughts.



 **RAFA NADAL**  
ACADEMY

## Camp Includes

- 10 hours of Tennis Training.
- 5 hours of Learn to Compete activities.
- 6 hours of Fitness Training.
- 5 hours of Building a Champion.
- 4 hours of Competition.

## Timetable

	JUNIOR CAMPS				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 AM	Welcome meeting				
7:45 AM	Court distribution	Meet up			
8:00 AM	<b>On court activities</b> 1. Tennis level test 2. Position on court 3. Basic groundstrokes 4. Specific fitness on & off court	<b>On court activities</b> 1. Movements "baseline" 2. Footwork "Baseline" 3. Support System "Loads" on baseline Game 4. 1st serve + how to neutralize it 5. Specific fitness on & off court	<b>On court activities</b> 1. Dominate the Game 2. Finishing the point "Winners" 3. Support System "Loads" on Offensive game 4. 2nd serve + how to attack it 5. Specific fitness on & off court	<b>On court activities</b> 1. Tactical structure 2. Consistency + Winners or attacking the net. 3. Support System "Loads" on Net Game 4. Serve + 2 vs return + 2 5. Specific fitness on & off court	UTR Singles Torunament
8:15 AM					
8:30 AM					
8:45 AM					
9:00 AM					
9:15 AM					
9:30 AM	ENERGY BREAK				
9:45 AM	<b>Off court activities</b> 1. Eye speed "FH & BH" 2. Skills Zone "Consistency" 3. Neurotransmitter training to improve "Visualization"	<b>Off court activities</b> 1. Eye speed "In & out movements" 2. Skills Zone "On the run" 3. Neurotransmitter training to improve "Anticipation"	<b>Off court activities</b> 1. Eye speed "Attacking & Defending" 2. Skills Zone "Offensive Game" 3. Neurotransmitter training to improve "Decision-making"	<b>Off court activities</b> 1. Eye speed "Net Game" 2. Skills Zone "Attacking the net" 3. Neurotransmitter training to improve "How to Compete "	UTR Singles Torunament
10:00 AM					
10:15 AM					
10:30 AM					
10:45 AM					
11:00 AM					
11:15 AM	LUNCH				
11:30 AM	<b>Building a Champion</b> Nutrition & good habits Tactics; Baseline	<b>Building a Champion</b> Team Work Tactics: beginning of the points	<b>Building a Champion</b> Mental Skills Tactics; Winners	<b>Building a Champion</b> Overcoming adversities Tactics; Conquering the net	UTR Singles Torunament
11:45 AM					
12:00 PM					
12:30 PM	<b>Learn to Compete</b> Baseline "Weapons"	<b>Learn to Compete</b> Serves & Returns	<b>Learn to Compete</b> Hitting inside the court	<b>Learn to Compete</b> Approaches to the Net	Trophy ceremony
12:45PM					
1:00 PM					
1:15 PM					
1:30 PM					
1:45 PM					
2:00 PM					
2:15 PM					
2:30 PM					

**Are you ready for an unforgettable  
summer of tennis?**

Join us today at: [www.educatennis.org](http://www.educatennis.org)

Or request additional information at:  
[info@educatennis-rafanadalacademy.es](mailto:info@educatennis-rafanadalacademy.es)

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