

TENNIS AT LA MANGA CLUB



LA MANGA CLUB
sport & leisure

LA MANGA CLUB



LA MANGA CLUB TENNIS CENTRE

La Manga Club Tennis Centre is one of Europe's finest outdoor facilities and is firmly established as an international training base and family tennis destination.

The highly acclaimed La Manga Club Tennis Academy offers a winning combination of on-court coaching led by our enthusiastic team of multilingual, qualified and experienced tennis professionals, with La Manga Club's unique methodology.

James Rose, Director of Tennis Coaching, oversees all academy courses and coaching programmes.

James has vast coaching experience and has travelled extensively with players to many international tournaments. Working at an LTA High Performance Centre in London, UK, as manager of performance women's tennis, he developed a programme which resulted in having over 10 WTA ranked players and numerous top international juniors.

Whether you are a complete beginner, a keen amateur, a club player or an aspiring pro, at the La Manga Club Tennis Academy you will receive all the guidance and coaching necessary to bring your game up to the next level.

James and his team look forward to welcoming you to La Manga Club.



ADULT ACADEMY PROGRAMMES

Our famous Adult Academy runs 52 weeks a year and can cater for the advanced player to a beginner at any one time. The La Manga Club Coaching Professionals have the knowledge and experience in delivering dynamic sessions ensuring every player leaves motivated and inspired.

We offer a number of programmes to cater for all schedules:



10 HOUR ADULT ACADEMY

Monday to Friday 09.00 - 11.00

The weekly schedule gives players of all levels a comprehensive programme covering the major aspects of the modern game. Technical, Tactical, Mental and Physical. Our methodology and structure throughout the week provides players the opportunity to learn and implement new skills and ideas in a structured and fun tennis environment.

Monday	Tuesday	Wednesday	Thursday	Friday
Movement and Positioning a mix of specific trolley drills and live ball/ point situations to highlight the difference in movement patterns and shot selection depending on what type of ball you receive.	Forehand and Backhand a mix of specific trolley drills and live ball situations, focusing on the key technical and tactical aspects of these groundstrokes.	Net play covering all aspects from; movement, court position and technical. An opportunity to discover new shots and increase confidence with a clearer understanding of what is required at the net.	Tactical awareness on the points court - this covers court positioning, shot selection and from a mental aspect, keeping positive.	Review of all concepts including serve demonstration plus points and prizes!

Each session starts with a tennis specific warm up and an explanation of the days session. At the end of each morning the team will evaluate the session and provide an opportunity for any Q and A.

* Please note times are subject to change so always check with the tennis reception

* Coach player ratio 1:6

* A minimum number of 3 players is required for the academy to run, in the case that the minimum is not reached an alternative programme will be put in place based on individual lessons to the value of the appropriate academy.



15 HOUR TACTICAL ACADEMY

Monday - Friday 09.00 -11.00 & *15.00 -16.00

This programme is suitable for the more advanced player looking for an effective and intense 5 day programme with an in depth focus on technical, tactical and mental aspects of the game.

09.00 - 11.00*

Adult academy - as per the Adult 10 hour programme.

15.00 - 16.00*

Tactical clinic - Specifically designed programme designed to improve players' patterns of play in both doubles and singles through innovative live ball drills. These sessions will increase awareness of defensive, neutral and attacking situations, Highlighting key areas such as directional control and mental toughness.

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* Coach player ratio 1:6

* A minimum number of 3 players is required for the academy to run, in the case that the minimum is not reached an alternative programme will be put in place based on individual lessons to the value of the appropriate academy.

8 HOUR WEEKEND WARRIORS ACADEMY

Friday 16.00 -18.00, Saturday 11.00 - 13.00 & 16.00 -18.00 & Sunday 11.00 -13.00

The perfect way to improve your game in just one intense weekend.

Friday	Saturday	Sunday
16.00 -18.00	11.00 - 13.00	11.00 - 13.00
Movement and Positioning - a mix of specific trolley drills and live ball/ point situations to highlight the difference in movement patterns and shot selection depending on what type of ball you receive.	Forehand and Backhand - a mix of specific trolley drills and live ball situations, focusing on the key technical and tactical aspects of these groundstrokes. Net play - covering all aspects from; movement, court position and technical. An opportunity to discover new shots and increase confidence with a clearer understanding of what is required at the net.	Serve and Return and tactical awareness on the points court - this covers court positioning, shot selection and from a mental aspect, keeping positive.

* Please note times are subject to change so always check with the tennis reception

* Coach player ratio 1:6

* A minimum number of 3 players is required for the academy to run, in the case that the minimum is not reached an alternative programme will be put in place based on individual lessons to the value of the appropriate academy.

JUNIOR ACADEMY 9, 8, 6 & UNDER

Following the official guidelines of the International Tennis Federation (ITF), our coaching team implement 'Tennis 10s: Slower Balls, Smaller Courts, Easy Game.' Using slower balls will help players to develop the most efficient technique and to implement advanced tactics that in most cases could not be performed using the yellow ball on the full court. Our La Manga Club coaches will ensure a fantastic, fun tennis experience that allows young or inexperienced players to learn the skills and tactics of tennis and actually play the game quickly.



Monday	Tuesday	Wednesday	Thursday	Friday
Movement and Positioning	Forehand and Backhand	Net play	Serve and Return	Review of all concepts, fun games and presentation

6 & UNDER RED BALL ACADEMY (5 HOURS)

15.00 -16.00 July & August 18.00 - 19.00

6 years & under ; Red balls played on a smaller court

8 & UNDER ORANGE BALL ACADEMY (10 HOURS)

09.00 - 11.00

8 yrs & under ; orange ball 50% slower than a yellow ball, played on a slightly smaller court

9 & UNDER GREEN BALL ACADEMY (10 HOURS)

09.00 - 11.00

9 years & under; green ball 25% slower, played on a full size court

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* Coach player ratio 1:6

* A minimum number of 3 players is required for the academy to run, in the case that the minimum is not reached an alternative programme will be put in place based on individual lessons to the value of the appropriate academy.

JUNIOR ACADEMY 19,15,12 & UNDER

The Junior Academy runs from Monday to Friday offering group coaching for the U19's of all abilities. We cover all major aspects of the game, delivered through a structured programme at the appropriate intensity for the group.

Our team of highly qualified teaching professionals make tuition fun and competitive.

Throughout the week, there are daily demonstrations giving all players an insight into the modern game.



Monday	Tuesday	Wednesday	Thursday	Friday
Movement and Positioning	Forehand and Backhand	Net play	Serve and Return	Review of all concepts, fun games and presentation
10 Hour Junior Academy 19 & Under, 15 & Under and 12 & Under				
11.00 - 13.00				

NEW FOR 2017

15 Hour Advanced Matchplay Academy

Monday	Tuesday	Wednesday	Thursday	Friday
Movement and Positioning	Forehand and Backhand	Net play	Serve and Return	Review of all concepts, fun games and presentation
As the above Junior Academy programme plus a matchplay session				
11.00 - 14.00				

* Please note times are subject to change so always check with the tennis reception

* Coach player ratio 1:6

* A minimum number of 3 players is required for the academy to run, in the case that the minimum is not reached an alternative programme will be put in place based on individual lessons to the value of the appropriate academy.

JUNIOR ELITE ACADEMY

The Elite Academy is the most complete option to improve and develop competition tennis players. This academy is designed specifically for players of a high level who currently have in place a comprehensive training and competition schedule. A selection of specific drills, tactics and movement patterns will be implemented during the week to challenge and increase player's knowledge and understanding of the modern game. Our professional coaching team will motivate and support players throughout the week with ongoing feedback and encouragement, to ensure effective communication and player development.

Our Elite academy has a coach player ratio of 1:4



Sunday	Monday - Friday		
17.00 - 19.00	An example day schedule		
<p>Registration for all Elite Academy Players.</p> <p>The Sunday afternoon session allows players to meet fellow squad members and to get familiar with the clay courts. It also provides an opportunity for the lead coach to ensure that the academy players have the appropriate level of play. *</p>	11.00 - 11.15	Tennis specific warm up	
	11.15 - 11.45	Consistency	Consistency, feeling the ball
	11.45 - 12.15	Technical work - trolley	Movement
	12.15 - 12.45	Technical work - live ball	Consistency - live ball situations
	12.45 - 13.00	Tactical - 1st serve	Footwork - serve and 3rd ball
	16.00 - 16.30	Tennis specific warm up	Physical and tennis
	16.30 - 17.00	Trolley drills	Backcourt - no unforced errors
	17.00 - 17.45	Live ball situations	Live points - staying strong not making the error
	17.45 - 18.45	Matchplay	Sets - being a tough competitor
	18.45 - 19.00	Recovery	

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* Coach player ratio 1:6

* A minimum number of 3 players is required for the academy to run, in the case that the minimum is not reached an alternative programme will be put in place based on individual lessons to the value of the appropriate academy.

ACADEMY BENEFITS

In order to help you reach your full potential during your time at La Manga Club, every player who attends the Adult/Junior academies will be entitled to the following benefits, providing you with a unique opportunity to tailor your own programme.

Benefits to all during all seasons:

Tennis Groups:

Special rates
available on
request

Welcome & farewell drinks

Sunday welcome day

Use of gym at the tennis centre
(16yrs+)

Daily stroke demonstration

10% discount at the tennis pro
shop (must be used at point of
purchase)





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Pista de exhibición



Pistas de 1 a 4



Pistas de 5 a 8



Pistas de 9 a 12



Pistas de 13 a 20



Pistas de 21 a 26



Pista central



Pistas de padel

TENNIS CENTRE





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www.lamangaclub.es

La Manga Club
30389 Cartagena
Murcia · España

+34 968 33 1234
sales@lamangaclub.com