

Postgraduate Certificate

Technique of Execution of Tennis Strokes

Endorsed by the NBA





Postgraduate Certificate Technique of Execution of Tennis Strokes

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/sports-science/postgraduate-certificate/technique-execution-tennis-strokes

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01

Introduction

One of the aspects on which coaches insist the most to tennis players is technique, to the point that they ask them to superimpose it on the rest of the elements. Not surprisingly, proper technique makes the difference in a match, in addition to reducing the risk of injury. Therefore, the sports professional has a unique opportunity to update in this area with this program. Through it, the most efficient technique for the execution of each of the strokes in Tennis, both basic and special, will be approached from a scientific point of view. In the same way, the different types of effects will be approached. All this through a convenient online format.





“

Get up-to-date on Tennis technique so that your players are able to hit shots that make the difference in a match”

Solid technique is essential to produce consistent and accurate strokes, which allows the player to maintain control of the match and win points. Technique also influences the power and effectiveness of the stroke, which is crucial in overcoming an experienced opponent. In addition, it is well known that it also plays a decisive role in the prevention of injuries, since a properly developed technique minimizes the impact on the joints, curbing long-term problems.

Since it is a decisive element in Tennis, sports professionals have the opportunity to specialize in this area with all the guarantees of this TECH program. Therefore, they will perfect their training of tennis players in order to execute better quality strokes that reach the highest possible level of technical efficiency.

In this way, throughout the course the students will go through the general and specific aspects of the technique in Tennis, analyzing the stroke cycle and the talent factor. In addition, the use of grips will be examined in detail, determining which types are the most appropriate and how to use them in different game situations. But, of course, the program will focus on the execution of key strokes such as the backhand or the return, as well as other special strokes such as the drop shot.

Undoubtedly, this is a high-value specialization that will take the graduate's career as a tennis coach to the next level. In fact, they have the opportunity to enjoy this academic experience while managing their own learning schedule, being perfectly compatible with their daily responsibilities.

This **Postgraduate Certificate in Technique of Execution of Tennis Strokes** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- ♦ Development of practical cases presented by experts in tennis technique
- ♦ The graphic, schematic and practical contents of the program provide Rehabilitation and practical information on those disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



Coach your players to achieve the highest level of technical efficiency in their strokes in just 150 hours"

“

Get the high-level specialization you are looking for so that the tennis player executes the special strokes with a referential technique”

The program’s teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

Advise your players on the most appropriate uses of the grips according to the game situations.

Thanks to this Postgraduate Certificate, you will teach the best techniques of leg movement in preparation for the backhand stroke.



02 Objectives

This Postgraduate Certificate covers one of the main concerns of coaches regarding their players. For this reason, the objectives of the program are focused on providing the sports professional with the key theoretical and practical tools that allow them to provide the tennis player with the best advice, exercises and guidelines to polish their technique with guarantees. In fact, the program has a global approach precisely so that the coach is able to face any scenario related to this subject.





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TECH's objective? Transform you into the up-to-date coach profile that today's tennis players require to perfect their technique”



General Objectives

- ◆ Distinguish the different stages of tennis training and know how to work in each of them
- ◆ Know the tennis regulations and how to apply them
- ◆ Understand the figure of the tennis coach from an ethical and moral point of view, and understand the crucial role played by the mental aspect in tennis players
- ◆ Delve into the physical preparation necessary for a tennis player and injury prevention
- ◆ Raise awareness of the importance of technology in today's tennis and analyzing its evolution





Specific Objectives

- Know what the technique is, what it is used for and how to achieve it efficiently
- Know the basic tennis strokes and how to perform them correctly from a technical point of view
- Delve into the special tennis strokes and know how to perform them correctly from a technical point of view
- Learn the different effects that exist in the game of tennis



Achieve the objectives of the Postgraduate Certificate to master the different effects that exist when executing a stroke"

03

Course Management

When it comes to putting together the teaching staff for its programs, TECH pays special attention to the profile of the candidates, ensuring that their professional background meets the needs of the students. The truth is that in this program this approach has reached a new level thanks to a very powerful teaching staff that has become a reference in this field. In this case, it is made up of experts who have excelled as tennis coaches and who have also worked in the most illustrious professional tennis academies at an international level. They have applied, in fact, innovative training techniques that have made them valued figures in clubs and federations.



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Let yourself be guided by highly sought-after coaches on the international tennis scene through their innovative content”

Management



Mr. Ramos Camacho, Alejandro

- ♦ Tennis coach at the Rafa Nadal *Academy*
- ♦ Coach at the JMO Tennis Academy
- ♦ Coach at Valle de Aridane Tennis Club
- ♦ Graduate in Primary Education
- ♦ National Monitor by the Royal Spanish Federation
- ♦ RPT Level 2



04

Structure and Content

The syllabus of the Postgraduate Certificate includes all the elements of interest in order to improve the technique of the Tennis players, always in line with the latest advances in this field. In addition, this syllabus uses Relearning as a methodological substratum, which will guarantee the internalization of the concepts by the students based on its reiteration in highly dynamic resources. Some of them are the analysis of cases, videos, interactive summaries or self-assessment exercises.





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Get up to date with total comfort by accessing the various resources on Tennis technique with your Tablet or computer”

Module 1. Technique of Execution of Tennis Strokes

- 1.1. What is the Technique? General and Specific Aspects
 - 1.1.1. What is Technique and the Importance of the Correct Execution of Tennis Strokes
 - 1.1.2. Benefits of Correct Technique
 - 1.1.3. The Stroke Cycle, General Aspects
 - 1.1.4. Talent
- 1.2. Evolution and Modern Use of the Technique
 - 1.2.1. Traditional View of the Technique
 - 1.2.2. Evolution of Technique Throughout the History of Tennis
 - 1.2.3. Current Use of the Technique. Modern Vision
 - 1.2.4. Improved Technique Based on Training
- 1.3. Handgrips, Use, Explanation and Identification
 - 1.3.1. Types of Grips and Explanation
 - 1.3.2. How to Identify Different Grips and their Correction
 - 1.3.3. Use of Grips in Different Game Situations
 - 1.3.4. Handles in Service
- 1.4. Production of Blows with Effect, Use and Explanation and Variability
 - 1.4.1. Different Effects in the Serve, How to Execute Them and Their Use
 - 1.4.2. Speed and Effect
 - 1.4.3. Lift Effect in Groundstrokes and their Use
 - 1.4.4. Slice Cut Effect in Different Game Situations, How to Execute it and its Use
 - 1.4.5. Flat Effect, How to Execute it and its Use in Different Game Situations
- 1.5. Service and Return Technology
 - 1.5.1. Position Before Service and Handle
 - 1.5.2. Ball Launching and Recommendations
 - 1.5.3. Preparation, First Racket Movement and Shoulder Loading
 - 1.5.4. Use of Legs in Service
 - 1.5.5. Upper Body Use and Rotations
 - 1.5.6. Impact Point and Termination
- 1.6. The Return
 - 1.6.1. Handle for Return
 - 1.6.2. Waiting Position in the Return
 - 1.6.3. Types of Returns
 - 1.6.4. Technical Aspects when Making the Rest (Forehand and Backhand)





- 1.7. Forehand Technique
 - 1.7.1. Right Hand Grips and Preparation
 - 1.7.2. Leg Movement in Preparation for the Forehand Stroke
 - 1.7.3. Rotation and Backward Movement of the Racket
 - 1.7.4. Rotation of Hips and Shoulders and Racket Forward to Impact
 - 1.7.5. Impact and Completion of the Forehand Stroke
- 1.8. Backhand Stroke Technique
 - 1.8.1. One-handed Backhand and Two-handed Backhand Grips and Preparation
 - 1.8.2. Movement of the Legs in Preparation for the Backhand Stroke
 - 1.8.3. Rotation and Backward Movement of the Racket
 - 1.8.4. Rotation of Hips and Shoulders and Racket Forward to Impact
 - 1.8.5. Impact and Termination Depending on Whether One-handed or Two-handed Backhand
- 1.9. Technique of the Blows in the Net
 - 1.9.1. Handle and Standby Position
 - 1.9.2. Leg Movements Prior to the Forehand and Backhand Volleys
 - 1.9.3. Rotation of the Shoulders During Preparation
 - 1.9.4. Impact and Movement of the Lower Body When Going to the Ball
 - 1.9.5. Topping, Preparation, Impact and Termination
- 1.10. Special Strikes and their Technique
 - 1.10.1. The Drop and Counter-Drop
 - 1.10.2. The Balloon
 - 1.10.3. The Passing Shot
 - 1.10.4. Other Special Blows



Access without any restriction to a syllabus that focuses on the rotation of the shoulders during the technique of net strokes or in the execution of balloons”

05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

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At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"



You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.



The student will learn to solve complex situations in real business environments through collaborative activities and real cases.

A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

“ *Our program prepares you to face new challenges in uncertain environments and achieve success in your career”*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

In 2019, we obtained the best learning results of all online universities in the world.

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.



In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



This program offers the best educational material, prepared with professionals in mind:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



Practising Skills and Abilities

They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



06

Certificate

The Postgraduate Certificate in Technique of Execution of Tennis Strokes guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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*Successfully complete this program
and receive your university qualification
without having to travel or fill out
laborious paperwork”*

This **Postgraduate Certificate in Technique of Execution of Tennis Strokes** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding issued **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Technique of Execution of Tennis Strokes**

Official N° of hours: **150 h.**



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present
online training
development languages
virtual classroom



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- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

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