



**SCHEDULE OF THE INTERNATIONAL ON LINE COACHING
COURSE GPTCA LEVEL B AND C CERTIFIED BY ATP – FROM
THE 10TH UNTIL THE 11TH AND FROM THE 17TH UNTIL THE
18TH OF OCTOBER 2020**

UPDATE: free and not compulsory per the GPTCA members, but also for trainers, teachers, coaches, psychologists and teachers of physical science education and players. The update consists on listening to each report and lesson freely during the four days.

COURSE TIMETABLE

SATURDAY THE 10 OF OCTOBER 2020

9–9,30: Level B and C, Introduction to the course: "Course operation" (A. Castellani, Italian ed English)

9,30-11,45: Level C: "Structure, purposes and future of the GPTCA – Mental skills in tennis – The flow – A personalized program for mental training – The polisensorial visualizations" (A. Castellani, in Italian)

12-13,45: Level B and C: "Tactical elements in tennis", (Gonzalo Lopez, in Italian)

14,30-15,30: Level B: "History and structure of the ATP – Rules of the Circuit, of the Challenger Tournamenst and ATP" (R. Grillotti, in Italian)

15,30-17: Level B: "Progressive desensibilization and management of the stress" (A. Castellani, in Italian)



SUNDAY THE 11TH OF OCTOBER 2020

9-11: Level C: "Coordinating skills and their trainability as the basis for getting the high level; the concentration in tennis: what it is and how to train it" (A. Castellani, in Italian)

11-11,30: Level B and C: "Question time: questions and answers" (Dirk Hordorff, in English with translation into Italian)

11,30-12,45: Level B and C: "My work with professional players" (D. Luscan, ex physical trainer of Simona Halep, in English with translation into Italian)

12,45-14: Level B: "Transition from junior to professional"(C. Pistolesi, in Italian)

14-14,30: Level B and C: "Question time: questions and answers" (J. Tipsarevic, in English with translation into Italian)

14,45-17: Level B: "The 5 situations of the basic game" (Gonzalo Lopez, in Italian)



SATURDAY THE 17TH OCTOBER 2020

- 9-11: Level C:** "Praxis: the search for the praxis stroke for the best forehand and backhand – Yearly planning of the training for a junior player and planning of the winter training (pre season) for a professional player" (A. Castellani, in Italian)
- 11-12: Level C:** "Rules of the IITF" (R. Grillotti, in italian)
- 12-13,45: Level B and C:** "My coaching with professional players" (Gonzalo Lopez, in Italian)
- 14-14,30: Level B and C:** "Question time: questions and answers" (Tony Nadal, in Spanish with translation into Italian and English)
- 14,30 -15: Level B and C:** "Question time: questions and answers" (A. Voinea, in Italian with translation into English)
- 15-15,45: Level B and C:** "Holistic approach to the transition and ways of learning for the brain" (Fernando Segal, in English with translation into Italian)
- 15,45-17,15: Level B:** "My coaching with R. Soderling, S. Bolelli and others" (C. Pistolesi, in Italian)



SUNDAY THE 18TH OF OCTOBER 2020

9-11,45: Level C: “Basis of the communication and theory of the 3 I from the transactional analysis of Bernee – The egograms and the numeric evaluation of the mental performance” (**A. Castellani, in Italian**)

12-13,15: Level B and C: “The importance of the physiotherapy” (**D. Luscan, in English with translation into Italian**)

13,15-14: Level B and C: “Difficult situations and management of the stress” (**Pancho Campo, in English with translation into Italian**)

14-14,30: Level C and B: “Question time: questions and answers” (**Tony Nadal, in Spanish with translation into Italian and English**)

14,30-16: Livello B: “My physical preparation work with N. Djokovic and other professionals” (**M. Panichi, in Italian**)

FINAL TESTS

16-16,45: Final tests for the course GPTCA level B

16,45-17,30: Final tests for the course GPTCA level C