

MOTIVATION

CONCENTRATION

CONTROL OF

THOUGHTS

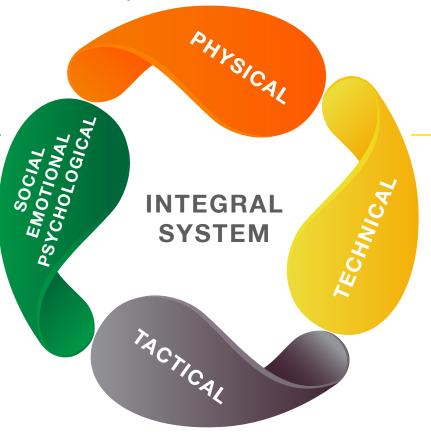
• TRUST

EMOTIONS AND

AT CANAS TENNIS WE BELIEVE IN THE PRACTICE OF AN INTEGRAL SYSTEM THAT ALLOWS EVERY PARTICIPANT TO DEVELOP INTO A WELL-ROUNDED TENNIS PLAYER THROUGH **FOUR COMPONENTS:**



- COORDINATIVE CAPABILITIES
- STRENGTH
- RESISTANCE
- FLEXIBILITY
- SPEED
- INJURY PREVENTION



- **DEVELOPMENT OF** SPECIFIC TENNIS
- **SKILLS COMPLEMENT OF**
- BIOMECHANICS **APPLIED TO TENNIS**

- ORIENTED TO UNDERSTAND THE GAME
- GAME SITUATIONS, TACTICAL INTENTIONS, APPLICATION TOOLS IN COMPETITION
- PERFORMANCE FACTORS