

PRESENTATION ONLINE  
COURSE  
COACH TENNIS YOU



**TENNIS YOU**  
CONSULTORIA DEPORTIVA



TOMY ARIAS  
Professional Coach.  
Founder of Tennis  
You.  
Professor RFET  
Technical-Tactical  
Area.





TOMY ARIAS

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# TOMY ARIAS(1).

- Creator of the course "Coach TENNIS YOU" based on the TENNIS YOU System aimed at the training and certification of tennis coaches.
- Coach qualified by the most prestigious national and international organizations in charge of training and certification in the teaching of tennis (RFET, RPT, ERPT, USPTA, USPTR, NB-ICA, ITF).
- More than 35 years of experience in the world of tennis occupying different functions throughout his professional career.



# TOMY ARIAS(2).

- Coach ATP for the last 17 years.
- Author of several articles related to tennis and published on reference websites in the tennis sector such as Tennis Industry or Punto de Break and collaborator of Marca and marca.com
- Collaborator as a technical commentator for Canal + and Sportmanía for the Wimbledon 2015 tournament.
- Collaborator of Kirolene, official center of sports education dependent on the Basque Government, teaching from TENNIS YOU the system "TENNIS YOU System" as a continuous training program specialized in tennis.



# TOMY ARIAS(3).

- Advisor responsible for the tennis area of the company Baigene, leading company in the field of genetics and new technologies focused on sports performance.
- He has given numerous lectures and refresher days for professionals teaching tennis throughout the country. He is currently in the expansion phase with contact for courses in Europe, Latin America and Asia.



# TENNIS YOU SYSTEM(1).

- Training method adjusted to the concepts and reality of today's tennis.
- Program and continuous training aimed for players, coaches, parents, federations and clubs.
- Introduces multidisciplinary aspects necessary for the coach to achieve their highest performance when carrying out their work.



# TENNIS YOU SYSTEM(2).

- 11 training modules:
- Technique.
- Tactic.
- Physical training.
- Mental training.
- Professionalism and Teaching Organization.
- Player Evolution.





# TENNIS YOU SYSTEM(3).

- Coach work.
- Materials and Technology.
- Tennis history.
- Organization and Management of schools (business aspects).
- Organization and Management of schools (sports aspects).



# TENNIS YOU SYSTEM(4).

- 6 batteries of practical exercises:
- Exercises for teaching technique and error correction.
- Exercises for technical-tactical training.
- Exercises to work the mental aspect.
- Warm-up and pre-competition exercises.
- Launch of balls with variability and placement of the coach.
- Improvement of the use of time and learning in tennis lessons.



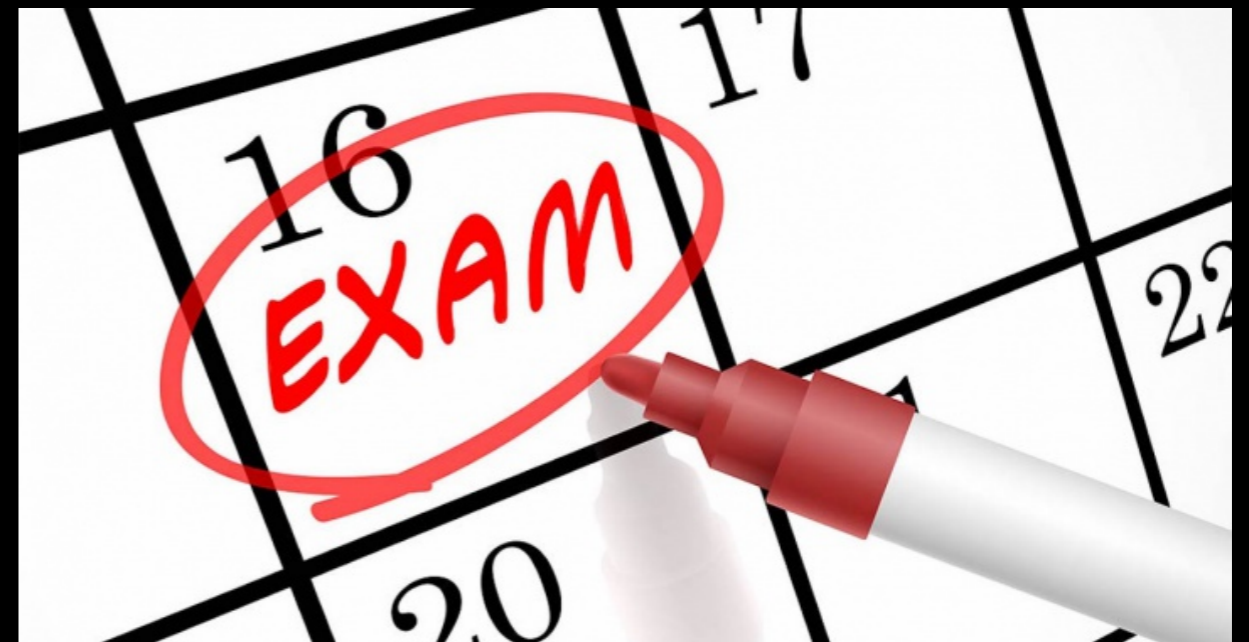
# DYNAMICS OF THE COURSE (1).

- It is a 100% Online course that will allow you to obtain the TENNIS YOU COACH certificate.
- TENNIS YOU provides the student with the different training modules as well as batteries of practical exercises for the student to study.
- At the same time the student has a system of 10 direct tutorials with the teacher so that he can clarify doubts or expand information.



# DYNAMICS OF THE COURSE (2).

- Once the study process and tutorials have been completed, the student must pass the written exam and submit a paper on one of the topics covered during the course, subject to acceptance by the teaching staff.
- In order to complete the requirements for obtaining the qualification, the student must present a certificate signed by the director of the school or person responsible for having completed at least 200 hours of teaching practice.



# DYNAMICS OF THE COURSE (3).

- There are 3 types of degrees that the student can obtain based on the knowledge demonstrated and the grade obtained:
- TENNIS YOU ASSISTANCE DIPLOMA (the student obtains a grade lower than 50% of the maximum grade in any of the exams).
- ASSISTANT COACH TENNIS YOU (the student gets a grade between 50% and 70% of the maximum grade in the exams).
- COACH TENNIS YOU (the student gets a grade higher than 70% of the maximum grade in totality of the exams).



# DYNAMICS OF THE COURSE (4).

- Once the course is finished, if the student has not achieved the maximum degree, he / she can take the exam again after 90 days at a cost of € 185, corresponding to the TENNIS YOU exam and certification fees.



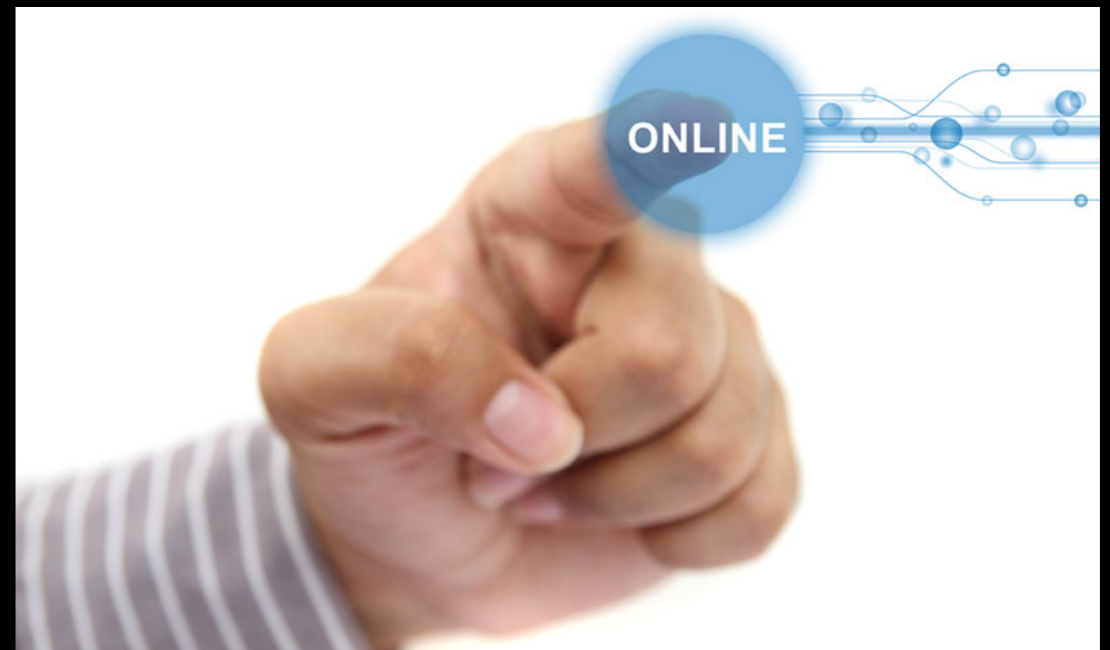
# PRICE AND METHOD OF PAYMENT.

- The price of the course is € 1650 in a single payment, which must be paid by bank transfer indicating COURSE, NAME AND SURNAME of the student, at the beginning of the course. The expenses derived from the transfer will be assumed by the student.
- Included in this price are the training modules, the practical exercises batteries, the tutorials, the exam rights and the Tennis You certification.



# INFORMATION AND REGISTRATION.

- For more information or to register for the course, it can be done through:
- [tomyariasendiola@gmail.com](mailto:tomyariasendiola@gmail.com)
- [tomy@tennisyou.com](mailto:tomy@tennisyou.com)
- +34 647 51 34 53 (Tomy Arias).







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