

Title of the presentation

Name - position.

Ronny Kvist – Tutor Strength & Conditioning at the coach education program
for The Swedish Tennis Ass.

Introduction to the topic matter: The Future of developing young players physically

Aim of the presentation: To get a deeper understanding in the early development of players

Content of the presentation: The Philosophy behind Tennispasset

Practical consequences & applications: We will be going through some of the exercises from Tennispasset

Background to the presentation: Last year we launched the trainingsystem & DVD Tennispasset, which has become a big success around Sweden