

Rafael Mensua

Rafael Mensua is one of the head coaches at the Tennis Val Tennis Academy in Valencia (Spain). A former top Spanish himself, Rafa represented Spain in international competitions and played the Tour professionally.

He was the coach of Marat Safin from a junior age up to world number 1. Rafa has coached the ITF International team and has coached some of the top junior players at the academy.



TRANSITION FROM JUNIOR TO PROFESSIONAL TENNIS: OUR EXPERIENCE

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EUROPEAN COACHES SYMPOSIUM
MOSCOW 2010



TRANSITION FROM JUNIOR TO PROFESSIONAL

- PLAYER PROFILE
- BASIC WORK
- COMPETITION
- BUDGET

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PLAYER PROFILE 16/18 YEARS OLD

- TECHNICAL SKILLS
- TACTICAL SKILLS
- PHYSICAL SKILLS
- PREVIOUS RESULTS
- PSYCHOLOGY-MOTIVATION-
COMPETITIVENESS

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BASIC WORK

- PRE-SEASON
- CONSOLIDATE TECHNIQUE: STROKES
- GAME STYLE - PATTERNS
- PHYSICAL CONDITIONING
- MENTAL PREPARATION

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COMPETITION

- TOURNAMENT SCHEDULE
- TOURNAMENTS OF THE PLAYERS'
LEVEL (ITF JUNIORS)
- HIGHER LEVEL TOURNAMENTS
(FUTURES)
- ASKING FOR RESULTS

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BUDGET

- OWN
- EXTERNAL (SPONSORS, FEDERATION..)

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