



**GLOBAL PROFESSIONAL  
TENNIS COACH ASSOCIATION**

**ATP  
CERTIFIED**

**SCHEDULE OF THE FIRST BULGARIAN  
INTERNATIONAL ON LINE COACHING COURSE:  
GPTCA B AND C LEVEL CERTIFIED BY ATP – FROM  
THE 6<sup>TH</sup> UNTIL THE 7<sup>TH</sup> AND FROM THE 13<sup>TH</sup> UNTIL  
THE 14<sup>TH</sup> OF FEBRUARY 2021**

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

**COURSE TIMETABLE**

**THE COURSE IS LIVE IN ENGLISH (ALSO  
AVAILABLE IN ITALIAN ON REQUEST)**

**SATURDAY THE 6<sup>TH</sup> OF FEBRUARY 2021**

**9–10: Level B and C**, Introduction to the course. (Castellani)

**10-11,45: 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)

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

**14-14,30: Livello B e C**, "Question time: questions and answers" (Rainer Schuettler)

**14,30-15,30: Level B**, "History and structure of the ATP – Rules of the Circuit, of the Challenger and ATP Tournamenst" (Romano Grillotti)

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



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## **SUNDAY THE 7TH OF FEBRUARY 2020**

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

**11-11,30: Level B and C**, "Question time: questions and answers" (**Dirk Hordorff**)

**11,30-12,45: Level B and C**, "My work with professional players" (**Dragos Luscan**, former physical trainer of Simona Halep)

**12,45-14: Level B**, "Transition from junior to professional" (**Claudio Pistolesi**)

**14-14,30: Level B and C**, "Question time: questions and answers" (**Adrian Voinea**)

**14,45-16,30: Level B**, "The 5 situations of the basic game" (**Gonzalo Lopez**)

**16,30-17,30: Level B and C**, "The key point: meaning of winning or losing an important point and how practice it mentally" (**Yari Bernardo**)



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## SATURDAY THE 13TH OF FEBRUARY 2021

9-11: **Level C**, "Praxis: the search for the praxis stroke for the best forhand and backhand  
– Yearly planning of the training for a junior player and planning of the  
preseason for a professional player" (A. Castellani)

11-12: **Level C**, "Rules of the ITF" (ITF referee: to be announced)

12-13,45: **Level B and C**, "My coaching with professional players" (Gonzalo Lopez)

13,45-14,30: **Level B and C**, "Question time: questions and answers" (Toni Nadal, in  
Spanish with translation into English)

14,30 -15: **Level B and C**, "Question time: questions and answers" (Janko Tipsarevic)

15-16: **Level B and C**, "Holistic approach to the transition and ways of learning for the  
brain" (Fernando Segal)

16-17,15: **Level B**, "My coaching with R. Soderling, S. Bolelli and others" (C. Pistolesi)



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## **SUNDAY THE 14TH OF FEBRUARY 2021**

**9-10,30: Level C**, “Basis of the communication and theory of the 3 EGO from the Transactional Analysis of Berne – The Egograms and the numeric evaluation of the mental performance” (**A. Castellani**)

**10,30-11,45: Level B and C**, “Degree ceremony Honoris Causa in favour of Toni Nadal by the Newport Research University”

**11,45-13: Level B and C**, “The importance of the physiotherapy” (**Dragos Luscan former physical trainer of Halep**)

**13-14: Level B and C**, “Tennis: marketing and management” (**Fabrizio Caldarone**)

**14-14,45: Level C and B**, “Question time: questions and answers” (**Tony Nadal, in Spanish with translation into English**)

**14,45-16,15: Livello B**, “My physical preparation work with N. Djokovic and other professionals” (**Marco Panichi, physical trainer of N. Djokovic**)

### **FINAL TESTS**

**16,15-17: Final test of the GPTCA level B**

**17-17,45: Final test of the GPTCA level C**