

TENNIS ACADEMY

ikosTM
PORTO PETRO

IKOS "PORTO PETRO" TENNIS OVERVIEW

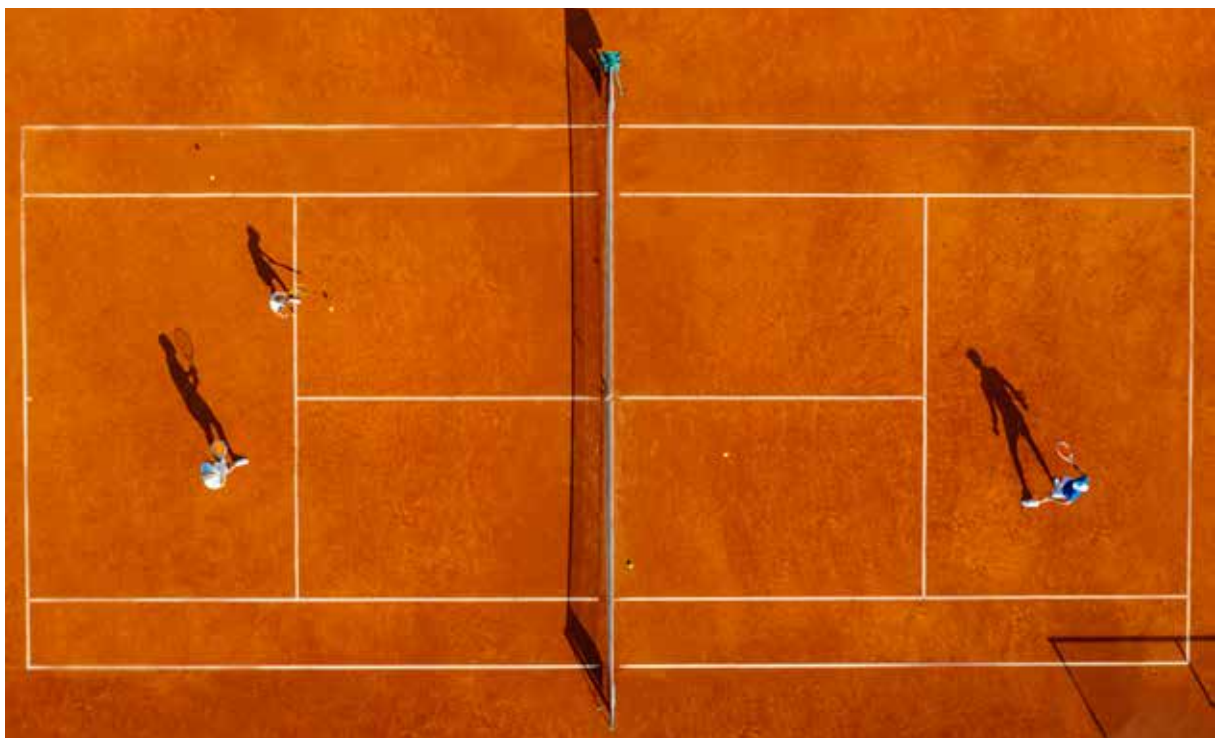
Ikos Porto Petro is home of three tennis courts and a tennis program, managed by Educa Tennis. Take part in our daily lessons and clinics with our Educa Tennis pros and during the week let us match you with other singles or doubles players, improving your game practice playing points led by our coaches.

EDUCA TENNIS ACADEMY OVERVIEW

Established over 30 years ago, Educa Tennis Academy's tennis program sets a standard by which most of the tennis academies around the world are measured and provides all kind of tennis players (adults, Juniors, Pros and recreational tennis players) with the resources they need to perform at the highest level regardless of their goals. The Tennis Players progress technically, tactically, physically, and mentally while also seeing personal growth through strengthening character in a very short time.

Educa Tennis allows not only a dynamic and challenging environment, but also creates the most complete atmosphere to develop this wonderful sport. We provide coaches and continuously train them in person and with our online platform offering their players scheduled, effective and fun training. Our Coaches are cosmopolitan, flexible, creative and move around the most exotic and unique destinations in the world organizing individual and group tennis programs.

Educa Tennis continues to develop players, from beginners to the best Junior, Senior and professional tennis players in the world (ITF, ATP, WTA), allowing athletes to train in an incomparable environment. Tennis Players are challenged on a daily basis to reach their full potential and to rise champions on and off the court. For larger groups, clinics, tournaments, socials, or tennis camps can be arranged.



SCHEDULE TENNIS PROGRAMS

PROGRAM	TIME	DAYS	RATIO	LEVEL	PRICE
TRAINING "PRO" EXPERIENCE	8.00 to 10.00	Monday to Saturday	1/4	Beginners not allowed	80€
RAISING A "JUNIOR" CHAMPION	10.00 to 12:00	Monday to Saturday	1/5	Beginners not allowed	60€
PRIVATE "TRAINING" EXPERIENCE	12.00 to 13:00	Monday to Sunday	1/1	Beginners are allowed	70€
SEMI PRIVATE "2 PLAYERS"	12.00 to 13:00	Monday to Sunday	1/2	Beginners are allowed	80€
SEMI PRIVATE "3 PLAYERS"	12.00 to 13:00	Monday to Sunday	1/2	Beginners are allowed	90€
RAISING A "LITTLE" CHAMPION	16.00 to 17:30	Monday to Saturday	1/5	Beginners are allowed	60€
PRIVATE AND SEMI-PRIVATE SESSION	19:00 to 20:00	Monday to Saturday	1/1	Beginners are allowed	70€
SERVE AND PLAY" SINGLES STRATEGY	17:30 to 19.00	Monday to Saturday	1/4	Beginners not allowed	60€
"SERVE AND PLAY" DOUBLES STRATEGY	19:00 to 20.30	Monday to Saturday	1/4	Beginners not allowed	60€



"Test Monday" (adults and children Group classes), if the client does not return to tennis lessons he does not pay, if he returns any day of the week, we will charge Monday.

* **Beginners** must take a private or semi-private class.

TRAINING "PRO" EXPERIENCE

8:00 to 10:00 Adults Group

(Basic, intermediate, advanced, non-beginners)

Each adult tennis session is designed according to our idea of integrated training. Our program's detailed schedule incorporates everything from technical, tactical, physical and mental instruction from singles and doubles as well as key elements such as footwork, movement, and positioning on court.

Each session focuses on a different area of the game and progresses from live ball to specifics feed ball drills and then transitions into point play, allowing players to incorporate new skills and enhanced form into match-play situations. As the week progresses, players see transformation and visible results across every area of their game.

Days: From Monday to Saturday 2hours/day

Schedule: 8:00 - 10:00

Objective: To improve your tennis level training with other players who have the same level of play as you.

Ratio: 1/4 Program level: HIGH intensity

Daily price: 80€ two hours day per person

RAISING A "JUNIOR" CHAMPION

10:00 a.m. to 12:00 p.m. Juniors Group

(18 to 10 years old, basic, intermediate, advanced, non-beginners)

U12 - Beginning of technical and tactical training. Improvement of strokes with topspin. Tactical game of containment and initiation in the preparation of movements and attacks.

U14 - Consolidation of strokes with topspin, learning special strokes. Initiation to advance singles & doubles strategy.

U16 - Introduction to high performance training. Consolidating of proper footwork technique. Initiation of tactical training of serves and returns and next shots.

U18 - Preparation for high performance competition. Mastery of the consistent game in the baseline impacting the ball on the rise to take time away from the opponent. Consolidate the beginnings of the points in both attack and defense situations. Strengthen a game pattern and enhance the plays that are most effective for each player.

Days: From Monday to Saturday 2hours/day

Schedule: 10:00 - 12:00

Objective: Maximize strengths and minimize players weaknesses

Ratio: 1/4 Program level: HIGH intensity

Price day: 60€ two hours day per person

PRIVATE "TRAINING" EXPERIENCE

12:00 to 13:00 Private and Semi-Private Lessons

Focus on the areas you and your coach have identified as needing improvement, or continue training specific skills you worked before.

Days: From Monday to Sunday 1hours/day

Schedule: 12:00 – 13:00 (Sunday 8.00 to 13:00)

Objective: To maximize the strengths and minimize the weaknesses of each player, while trying to improve performance in all areas of the program.

Ratio: 1/3 Program level: Medium intensity

Price day: 1 hour/1 adult: 70 €/ day per person - 1 hour/2 adults: 80 € (day per two people) - 1 hour/3 adults or more: 90 € (day per three people)

RAISING A "LITTLE" CHAMPION

16:00 p.m. to 17:30 p.m. Kids

(Group from 5 to 9 years old)

For guest's ages 5 to 9, this fun clinic acts as an introduction to the life-long sport.

U6 – Development of general specific coordination; work on the perception of the flight of the ball, learning of body movement and initiation to the basic strokes of tennis (Red or Orange ball)

U7 – Specific coordination of tennis; integrating the perception of the ball (trajectory reading), adjustment of the body to the ball and basic tennis shots from 3/4 of the court (Orange or Green ball)

U9 – Specific coordination of tennis from the baseline; integrating the perception of the ball (trajectory reading), adjustment of the body to the ball and technical improvement on flat or semi top sping shots (Green or Regular ball)

Days: From Monday to Saturday 1.5 hours/day

Schedule: 16:00 – 17:30pm

Objective: Development of the general and specific coordination and perception related on tennis game.

Ratio: 1/5 Program level: Low intensity

Price day: 60€ 1.5 hours day per person

"SERVE AND PLAY" SINGLES STRATEGY

17.30pm to 19.00 Adults & Juniors Over 16 "Singles Match Play"

(Basic, intermediate, advanced, no beginners)

Improve the most important shot in tennis and practice playing singles points.

Days: From Monday to Saturday 1.5 hours/day

Schedule: 17:30 - 19:00pm

Objective: Learn how to compete singles "playing points or matches"

Ratio: 1/4 Program level: Medium intensity

Price day: 60€ 1.5 hours day per person

"SERVE AND PLAY" DOUBLES STRATEGY

19.00 to 20.30 Adults & Juniors Over 16 "Doubles Match Play"

(Basic, intermediate, advanced, no beginners)

Discover your role on the doubles court. Learn formations, positions, strategies and angles to make points more fun.

Days: From Monday to Saturday 1.5 hours/day

Schedule: 19:00 - 20:30pm

Objective: Learn how to compete doubles "playing points or matches"

Ratio: 2/4 Program level: Medium intensity

Price day: 60€ 1.5 hours day per person

