



TM

/ TENNIS CAMPS /



Experience a memorable week training and competing in Barcelona

Learn from top tennis coaches
Enjoy this amazing venues and facilities while enjoying the best of Spain

From
10th
April to
17th
April

/ TRAINING TIMETABLE /

Barcelona	Sat 10 th Apr	Sunday 11 th Apr	Monday 12 th Apr	Tuesday 13 th Apr	Wed 14 th Apr	Thursday 15 th Apr	Friday 16 th Apr	Sat 17 th Apr
9am		Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up
10am		Tennis - Drills	Tennis - Drills	Tennis – Tactical Situations	Tennis - Drills	Tennis - Analysis	Tennis – Competitive Games	Tennis
11am	Depart	Tennis - Drills	Tennis - Drills	Tennis – Tactical Situations	Tennis - Drills	Tennis - Analysis	Tennis – Competitive Games	Tennis
12pm		Tennis - Drills	Tennis - Drills	Tennis – Tactical Situations	Depart - Barcelona	Tennis - Analysis	Tennis Competitive Games	Depart Hotel
1pm		Lunch	Lunch	Lunch	Lunch - Barcelona	Lunch	Lunch	
2pm		Rest	Rest	Rest	Barcelona – City Tour	Rest	Rest	
3pm		Match Play	Tennis – Mental Skills	Davis Cup	Barcelona – City Tour	Match Play	Tennis - Drills	
4pm		Match Play	Tennis – Mental Skills	Davis Cup	Barcelona – City Tour	Match Play	Tennis - Drills	
5pm	Tennis - Drills	Match Play	Tennis – Mental Skills	Davis Cup	Barcelona - Shopping	Match Play	Tennis - Drills	
6pm	Tennis - Drills				Barcelona - Shopping			
7pm	Dinner	Dinner	Dinner	Dinner	Dinner - Barcelona	Dinner	Dinner	
8pm			Padel	Cinema (optional)	Depart – Mas Sola		Awards	
9pm								
10pm								

/ AN ACTION-PACKED WEEK /

Join the Ace Tennis team for a great week of training in Barcelona. Maximise your training time by being on court for a full week on red clay. Train with performance players and coaches in 2021 in Spain.

The tennis program is based around four major areas that we encourage and develop:

1 Technical skills

Playing the key shots of the game – both attacking and defensive – in a variety of situations.

2 Mental strength

Tennis is an individual sport with challenging match situations that require mental skills such as problem solving, staying positive and remaining focused.

3 Tactical knowledge

How to select the right approach to each individual situation on court. Recognizing various playing styles of the opponents, the court and conditions.

4 Physical conditioning

Making sure the physical ability of the player is appropriate to the level at which they play.



Hotel Information

Your base for this weekend in Barcelona is the:

Hotel Mas Sola
17430
Santa Coloma de Farners
Girona, Spain

- Full Board Package
- Drinks with meals
- 12 red clay courts
- 4 hard courts
- 3 swimming pools
- Indoor spa
- Complimentary Wi-Fi
- Farmhouse restaurant

World class tennis venue

12 red clay courts and 4 hard courts for our exclusive use. On site restringing service and pro shop.

Accommodation

Players stay in end-suite hotel rooms (2 or 3 per room). All facilities are on site with 24hr security.

Price

This is a variety of options for players travelling alone or joining as part of a larger group or family:

- £1299 – Residential with flights
- £1049 – Residential no flights
- £995 – Residential with flights / no tennis program
- £749 – Residential no flights / no tennis program

How to Book

Please book at www.acetennis.co.uk. Select the Barcelona location and the week commencing the 10th April 2021.