



Tennis Program 2025

Powered by Evolve

"Advancing Tennis Through Sports and Human Science"

We offer a variety of training options tailored to meet each player's individual needs. Our program runs **weekly**, with flexible durations—shorter or longer stays available upon request. To help players reach their goals, **the program is divided into two key components.**

Looking for continued support? Join our year-round tennis follow-up program anytime!

Tennis All-Round:

We introduce our science-based methodology, combining technical and tactical training. Each player's body laterality is assessed, and when needed, video analysis is used to personalize instruction.

Ratio: Max 1:3

Focus: Mixed

Sessions: 2h daily



Add-ons:

Enhance specific areas of your game with focused sessions:

Consistency: Reduce unforced errors and develop a stable playing rhythm.

Ratio: Max 1:2

Focus: Physical/Cognitive

Session: 60-90 min daily

Power: Build practical strength to boost your game affordably.

Ratio: Max 1:3

Focus: Technical/Tactical

Sessions: 60-90 min daily

Strategy: Learn how to apply tactics effectively during match play.

Ratio: Max 1:3

Focus: Tactical

Sessions: 90-120 min daily

Vision: Improve hand-eye coordination and technical precision.

Ratio: Max 1:2

Focus: Cognitive

Sessions: 60 min daily

Physical Conditioning: Enhance your fitness with tennis-specific workouts.

Ratio: Max 1:3

Focus: Physical

Sessions: 60 min daily



Interested in learning more or getting a quote?

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Want something tailored to your specific needs? Personalized programs are available upon request.

