

# ABOUT

# BBTA



BORIS BECKER  
INTERNATIONAL TENNIS ACADEMY



# BB TA CONCEPT

## "THE BLUEPRINT"

A BATTERY OF TESTS FOR EACH ASPECT OF YOUR  
GAME, AND THEN DESIGNING EACH PLAYER'S  
PERSONAL PROGRAM BASED ON THE RESULTS!

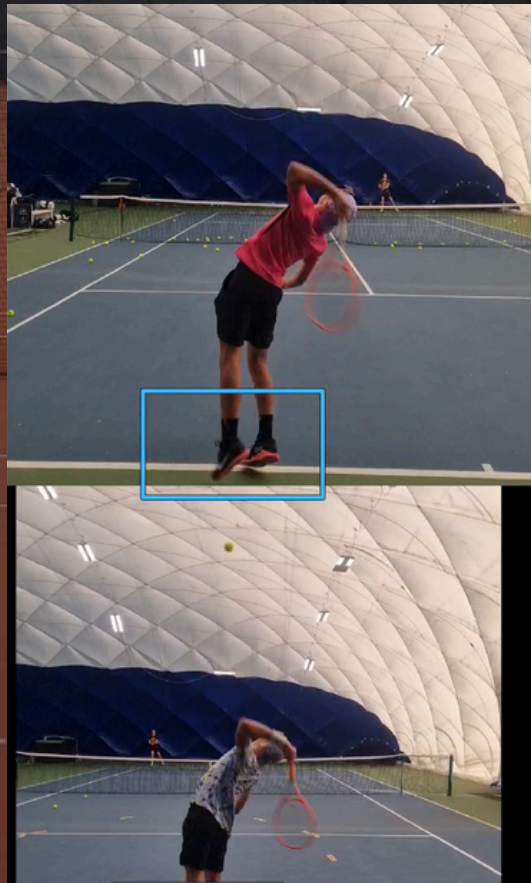


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# ASPECT 1: TECHNIQUE

Using Video Analysis to test all aspects of techniques needed to enhance stroke production.



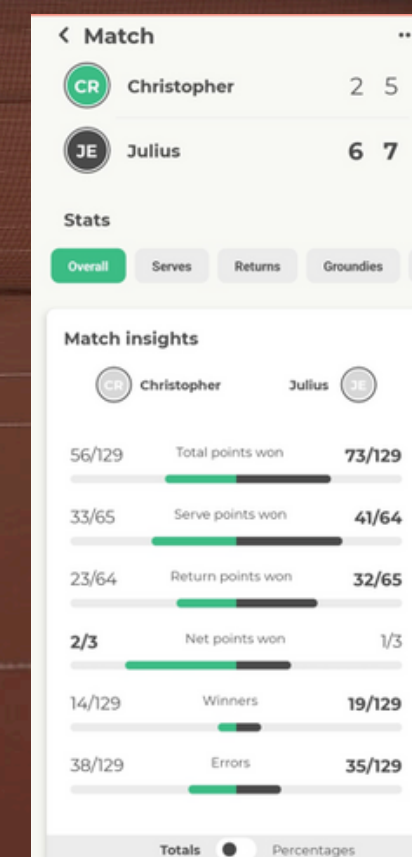
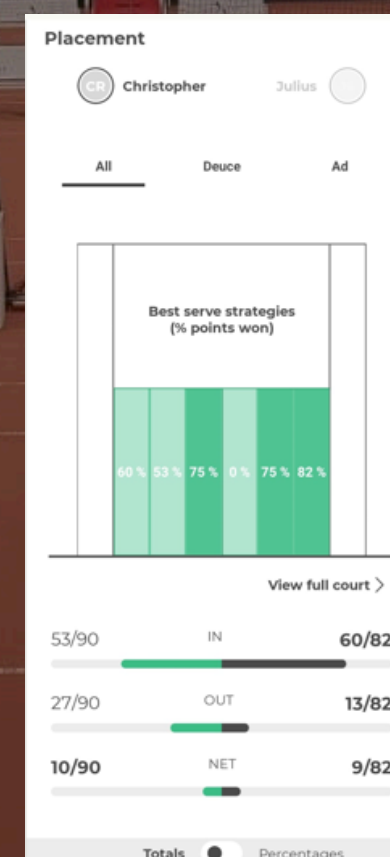
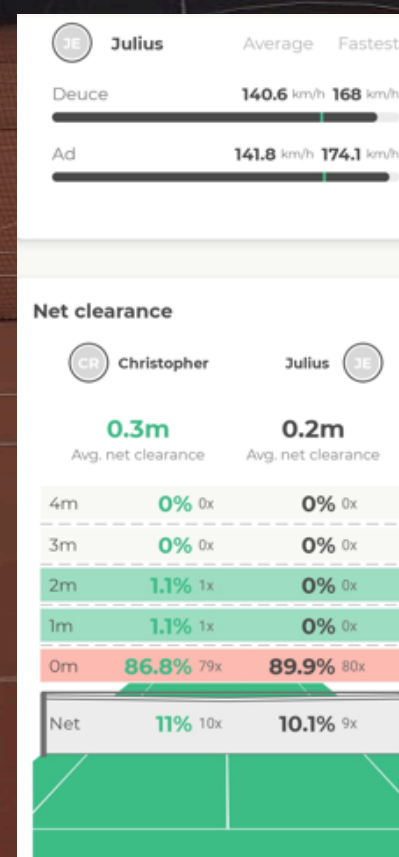
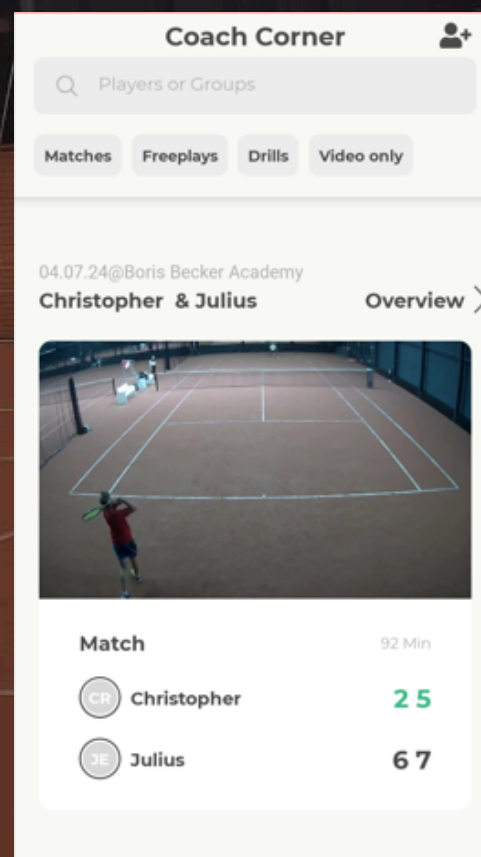
"THE BLUEPRINT"



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# ASPECT 2: TACTICS

## ANALYZING PLAYER TACTICS USING STATE OF THE ART WINGFIELD MATCH ANALYSIS SOFTWARE



"THE BLUEPRINT"

# ASPECT 3: FITNESS

A BATTERY OF TESTS FOR EACH ELEMENT OF FITNESS  
NEEDED TO BE A TENNIS PLAYER.



"THE BLUEPRINT"




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# ASPECT 4: MENTAL

A PSYCH-EVALUATION DESIGNED TO MEASURE A  
PLAYERS ANXIETY, CONCENTRATION, AND  
EMOTIONAL CONTROL

Name:		Datum:			
Becker Blueprint Psycho-Evaluation (Deutsch)					
		Mit einem "x" markieren			
		Überhaupt nicht	Etwas	regelmäßig	Sehr viel sogar
1		1		3	4
2		1		3	4
3		1	2		4
4		1		3	4
5		1		3	4
6		1	2		4
7		1	2		4
8		1		3	4
9			2	3	4
10			2	3	4
11		1	2	3	
12		1	2	3	
13		1	2		4
14		1			4
15		1	2	3	4
16		1	2		4
17		1	2	3	
18		1	2	3	4
19		1	2		4
20		1		3	4
21			2	3	4

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		Total	Average



"THE BLUEPRINT"

# ASPECT 5: PROFESSIONALISM

A QUESTIONNAIRE WHICH DETERMINES THE  
PROFESSIONALISM OF THE PLAYER REGARDING  
NUTRITION, SLEEPING HABITS, EQUIPMENT, RULES  
AND MANY MORE:




"THE BLUEPRINT"



# ASPECT 6: SCHEDULING

## PROVIDING DAILY TRAINING SCHEDULING, TOURNAMENT SCHEDULING, AND UTILIZING PEAK INDEXES FOR OPTIMAL PERFORMANCE AT KEY TOURNAMENTS.

	WEEKLY SCHEDULE										
	Monday		Tuesday		Wednesday		Thursday		Friday		
	Pair 1	Pair 2	Pair 2	Pair 1	Pair 1	Pair 2	Pair 2	Pair 1	Pair 1	Pair 2	
8h30	Warmup (Fitness Trainer)		Warmup (Fitness trainer)		Warmup (Fitness trainer)		Warmup (Fitness trainer)		Warmup (Fitness trainer)	Warmup (Fitness trainer)	
9h00	Tennis Training (1 coach 2 players)	Fitness training	Tennis Training (1 coach 2 players)	Fitness training	Tennis Training (1 coach 2 players)	Fitness training	Tennis Training (1 coach 2 players)	Fitness training	Tennis Training (1 coach 4 players)	Tennis Training (1 coach 4 players)	
9h30		Rest		Rest		Rest		Rest			Rest
10h00											
10h30	Rest		Rest		Rest		Rest				
11h00	Rest	Tennis Training (1 coach 2 players)	Rest	Tennis Training (1 coach 2 players)	Rest	Tennis Training (1 coach 2 players)	Rest	Tennis Training (1 coach 2 players)			
11h30	Fitness (Fitness trainer)		Fitness (Fitness trainer)		Fitness (Fitness trainer)		Fitness (Fitness trainer)		Fitness (Fitness trainer)		
12h00											
12h30	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Sports Massage			
13h00	Training (1 coach / 4 players)	Training (1 coach / 4 players)	Training (1 coach / 4 players)	Training (1 coach / 4 players)	Training (1 coach / 4 players)	Training (1 coach / 4 players)	Training (1 coach / 4 players)	Training (1 coach / 4 players)			
13h30											
14h00											
14h30											
15h00											
15h30											
16h00	Group Mental Session		1 on 1 Session (If any players need it)		Sports Massage		1 on 1 Session (If any players need it)				
16h30											

THE ABOVE IS AN EXAMPLE AND SUBJECT TO CHANGE



# "THE BLUEPRINT"



# AFTER SCHOOL PROGRAM

- 2 HOURS OF TENNIS DAILY (BETWEEN 3PM AND 6PM)
- 1 – 1.5 HOURS FITNESS DAILY
- FULL "THE BLUEPRINT" DIAGNOSTIC
- TOURNAMENT SCHEDULING
- 3 X TOURNAMENT COACHING PER YEAR
- TRAIN IN HOLIDAY FOR HALF PRICE
- INCL. ALL BALLS, COURT HIRE, AND LIGHTS

NEW BLUEPRINT  
STARTUP SPECIAL  
PRICE:

24,000 € per  
year incl. taxes



# "THE BLUEPRINT"



# INTERNATIONAL PROGRAM

- 2 X 2 HOURS OF TENNIS DAILY
- 1 - 2 X 1 HOURS FITNESS DAILY
- ONE ON ONE COACHING INCL.
- MENTAL TRAINING
- FULL "THE BLUEPRINT" DIAGNOSTIC
- TOURNAMENT SCHEDULING
- 5 X TOURNAMENT COACHING PER YEAR
- ALL TRAINING INCL. HOLIDAY TRAINING
- INCL. ALL BALLS, COURT HIRE, AND LIGHTS

NEW BLUEPRINT  
STARTUP SPECIAL  
PRICE:

30,000 € per  
year incl. taxes



"THE BLUEPRINT"



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# SUMMARY

## AFTERNOON PROGRAM

## INTERNATIONAL PROGRAM

Amount of sessions per day (Mo – Fr)

1 Session / day

2 Sessions / day

Amount of fitness per day (Mo – Fr)

1 – 1.5 hour / day

1 – 2 hours / day

“THE BLUEPRINT DIAGNOSTIC”



Tournament Scheduling



Tournament Coaching



Nutrition and supplementation



One on one coaching

If needed within  
the session



Mental Training



PRICE INCL. VAT PER YEAR

24, 000 €

30, 000 €



# "THE BLUEPRINT"



# COME CHECK US OUT

COME FOR A TRIAL WEEK

AFTER SCHOOL PROGRAM: 550 €

INTERNATIONAL PROGRAM: 700 €

OR

GET A CURRENT BBITA CONTRACT PLAYER TO INVITE YOU  
AS THEIR GUEST FOR FREE



# "THE BLUEPRINT"

