REVOLUTIONIZE THE TENNIS DEVELOPMENT

TENNIS SPECIALTY COURSES

Presented by MILOS DIMIC

Sports Neuroscience PhD| USPTA Elite Professional | BABOLAT JAPAN Ambassador

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DEVELOPMENT PHILOSOPHY

Today's elite tennis development requires higher holistic and scientifically-grounded approach that develops complete athletes and individuals. My philosophy integrates cutting-edge knowledge in sports neuroscience with proven developmental practices in high performance environments.

Culture-Centric Development

Creating environments where excellence, growth mindset, and innovation are embedded in daily practice

Mentorship-Driven Approach

Building relationships beyond technical instruction to guide overall athletic and personal development

Process vs. Results Orientation

Guiding the process on developmental milestones and performance metrics rather than win-loss records

Empowered Individual Development

Culture based on trusl and loyalty to team vision and player-specific developmental needs

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ACADEMIC & PROFESSIONAL BACKGROUND

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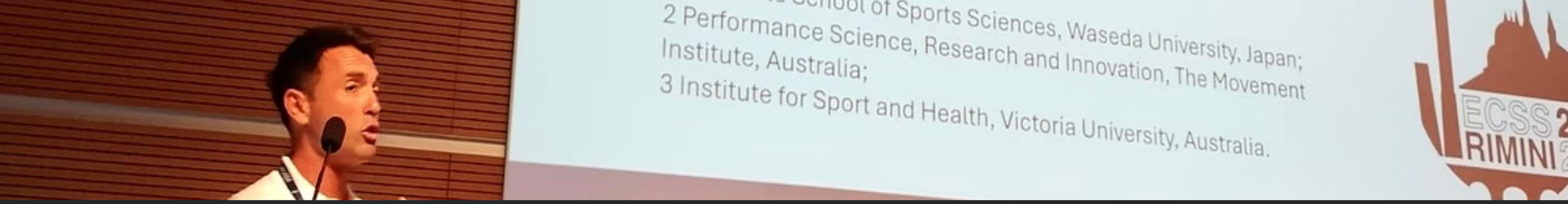

1 **Doctoral Degree in Sports Neuroscience, Waseda University Tokyo**
Specialized in experts' neuromuscular performance

2 **USPTA Elite Professional Certification**
Highest level Professional certification degree in the USA

3 **USPTA Tennis Specialist**
Sports Science and Tennis Fitness

4 **International Coaches' Institute**
Specialist in Competitive Coaching methodology

5 **Director of Racquet Sports, University of Florida**
Joined with USPTA certification program

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RESEARCH & PUBLISHING CREDENTIALS

1

ISSP World Congress, Hong Kong 2025

Speaker at the International Society of Sports Psychology World Congress 2025, presenting research on perceptual- cognitive management in anxious training situations

2

European College of Sports Science, Spain & Italy 2020-2022; 2025

Speaker and presenter at ECSS annual conferences on neuromuscular performances in expert tennis players

3

BASES Conference, UK 2021

British Association of Sport presentation on neuromuscular performances in expert tennis players

4

Cha University, Korea 2025

Speaker on culture of developing the "Champions' Mindset "

5

Key Publications

"Importance of disguising groundstrokes in a match between Federer and Djokovic." (2023)"
“Analysis of training process success" (2017)

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COACHING / PROGRAM MANAGEMENT RESULTS

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COACHING ACHIEVEMENTS (EUROPE) : 2000-2015

A part of the coaching team that produced European Master champions, National-level champions, ITF and WTA ranked players and numerous D1 and D2 tennis scholarship graduates.

1

European Championships

4

National Junior Championships

6

US College Players

Division 1 and Division 2

128

ITF RANKING

921

WTA RANKING

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COACHING ACHIEVEMENTS (JAPAN) : 2016-2022

As Head Coach /Director of Tennis, I've developed a unique methodology that produced national-level competitors and regional champions by applying the neuromuscular and perceptual-cognitive development plans.

2

National Junior Championships

Highest Ranking: ¼ finals

8

Kanto Junior Players

Regional participation in singles and doubles across different age

#1

Kanagawa Rankings

Top rankings achieved in the U15 & U16 age categories

Finalist

Inter-high Nationals

Runner-up at the National High School Championship

6

US College Players

Division 1 and Division 2

594

ITF RANKING

Highest career ranking

1

Regional Champion

Chiba Under 18

1

WINNER

Yokohama High School Champion

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PROGRAM GROWTH & MANAGEMENT: 2022-2026

Junior Program Coordinator

Leading the largest international tennis academy in Japan, our development approach has delivered unprecedented growth:

48%

Player Growth

130%

Revenue Increase

Record-setting financial performance through program expansion and optimization

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TENNIS SPECIALTY MENU COURSE:

DIFFERENTIATING YOUR PROGRAM FROM THE OTHERS

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JUNIOR ACADEMY PROGRAM
MONTHLY SPECIALTY COURSE

Program Development

Science-based progressive program designed to develop complete players across technical, tactical, physical, and mental domains

The Culture

Establishing a growth-oriented environment where work ethic, resilience, and continuous improvement are valued above short-term results

Active Membership

Creating engaged community of players, parents, and coaches working collaboratively toward developmental goals with clear communication channels. Creating a loyal base of active members consisting of students that value and recommend the program

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HIGH PERFORMANCE PROGRAM
MONTHLY SPECIALTY COURSE

Development methodology that integrate cutting-edge sports neuroscience with proven training methodologies to develop national and international competitors. Each athlete receives individualized programming based on comprehensive assessments and developmental benchmarks.

Technical- Tactical Development

- Creating own game signature
- Processing speed
- Decision making
- Proactive game plan

Movement Development

- Movement cycle
- Movement efficiency
- Movement as receiver
- Movement as hitter

Mental Progression

- Mindset set up
- Emotional control
- Self management
- Resilience / Confidence

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COACHING PROGRAM
MONTHLY SPECIALTY COURSE

01

Innovative & Forward Thinking

Training coaches to integrate sports neuroscience principles into everyday practice, enhancing skill acquisition and performance development through scientifc-based methods

02

Process vs. Results

Shifting focus from outcome-based evaluation to process-oriented development metrics that accurately measure player progression regardless of competitive outcomes

03

Performance Evaluation and Adaptation

Implementing multi-factorial assessment protocols that measure technical, tactical, physical, and neurocognitive development against individualized benchmarks

04

Mentor Approach & Support

Building coaching skills beyond technical instruction to include effective communication, emotional intelligence, and player-centered development strategies

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ONE DAY
SPECIALTY COURSES

01

TECHNICAL DEVELOPMENT

This program will guide you through the phases of the players' high-performance development. Technical part is based on:
1. Stroke Technique of the tennis experts
2. Sports Science Research

02

TACTICAL TRAINING AND DRILLS

This program will present a technical-tactical aspect of player development. The focus is on establishing tactical domination through (1) technical aspect of the stroke execution and (2) movement efficiency as receiver and hitter

03

MENTAL PROGRESSION

This program presents the mental development goals and efficient approach to the mental progression plan. The focus is on the combining the on-court practice with mental challenges that players need to face to develop their resilient character.

04

CONDITIONING & NUTRITION

Building players' skills beyond technical- tactical training. The focus is on the on-court conditioning replicating the physical needs of the successful performance.
Proper management of nutrition and hydration as decisive factor between success and failure.

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