Few countries in the world can boast the superb quality and sheer quantity of champion tennis players of Spain. In the 30 years since the charismatic Lluis Bruguera opened his eponymous Tennis Academy in Barcelona in 1986, Spanish players have taken home a total of 24 Grand Slam titles. Since Sergi Bruguera won his first grand slam in 1993, Spanish men have consistently accounted for 10% of players in the ATP Top 100. Integral to that success is Lluis Bruguera, the inspirational coach who created the much-respected Bruguera System and Method.

Bruguera Tennis Academy’s original training system has produced more than 15 players in the ATP/WTA Top 100 and offers a unique and holistic approach to help each and every player to fulfil his or her potential. Drawing on proven practical principles, the Bruguera Philosophy embraces the whole player for a complete learning experience that is customised for individual evolution, both on and off the court.

For the first time outside Barcelona, Bruguera Tennis Academy Hong Kong is a unique structured tennis academy under the skilled management of professional coach Bastien Liveriou. With unrivalled facilities and the active involvement of the Bruguera family, Bruguera Tennis Academy is perfectly placed to take you to the top of your game.
“IT’S IMPOSSIBLE TO BE BRILLIANT EVERY DAY, BUT IT’S IMPORTANT TO WIN EVEN WHEN YOU DON’T PLAY WELL!”

Having achieved significant international success in his own right, Lluis Bruguera concentrated his skills and first-class experience on coaching a number of Spanish champions before focusing his energies on his son, Sergi. Using his own unique and proven System/ Sistema, Lluis’ original technique earned him widespread respect as the founding father of modern tennis in Spain.

With an impressive two Grand Slam titles, 12 ATP titles, number three ATP ranking in the world, and a Silver medal at the 1996 Olympic Games, Sergi Bruguera is recognised as one of the most important Spanish players of all time and among the best in the world on clay courts.

Both Lluis and Sergi are closely involved in the Tennis Academy which bears their family name and it is their skill and experience on which its reputation is built. Changing the landscape of high-performance sports training in Asia, Bruguera Tennis Academy’s Spanish System of training is guaranteed to bring out the champion in everyone.
The Bruguera Philosophy/ La Filosofía Bruguera is more than a game plan, it is a way of living, a holistic approach to playing that extends far beyond the court and into life itself. Whether you’re an elite player or an absolute beginner, the Bruguera Philosophy will bring you measurable results by cultivating hard work, discipline, perseverance and concentration.

Bruguera players are taught to be fighters but also to be humble sportsmen and women. There is beauty in the mental toughness, persistence and fighting spirit that typifies the Bruguera player. At the heart of the Filosofía is the critical element of control, which at Bruguera is encouraged in all aspects of life: from control of the body and technique to control of thinking and emotions. All are fundamental for success “the Bruguera way”.

At the Academy, we don’t just play tennis, we play Bruguera.

“Being in control builds confidence in what you can achieve.”

“NEVER SAY NEVER. STAY POSITIVE.”
“At Bruguera Tennis Academy, we create a Pathway where we train players not to think but to feel. We nurture natural instincts and develop a style of automatic play that becomes an instinctive extension of your own being.”

This unique System/ Sistema that Lluis Bruguera developed has had a profound effect on the trajectory of Spanish tennis over the past 30 years. At the Bruguera Tennis Academy, this original Spanish System/ Sistema Español is available to both professional and amateur tennis players who benefit from our unique pedagogical approach and the System and the Method/ El Sistema y El Método Bruguera of guided discovery and practical, instinctive coaching.

The Bruguera Method/ Método Bruguera utilises simple instructions, a step-by-step learning process and a system of certification that clearly benchmarks your progress. Teaching players to become flexible problem-solvers is one of the keys to the Bruguera Method. This gives players the confidence and ability to think on their feet, to adjust to new difficulties, to deal with change, and to take advantage of new opportunities - a skill that will serve them well, whether they’re on the tennis court or in the boardroom.

“The Bruguera Method is to work hard and make things simple and uncomplicated.”
The Academy’s Tennis Director, Bastien Liveriou hails from Belgium and has held the Belgian Tennis Association’s Level 3 Coaching Diploma (the nation’s highest qualification) since 2008. In addition to being responsible for the development of tennis academies all over the world, Bastien has been a National Head Coach of the reputable Belgian Tennis Federation as well as a dedicated Tour Coach with valuable experience on the ATP and WTA Tour and the ITF Circuit.

His dynamic personality and determination to succeed have made him an admired leader whose commitment to training and educating players in the game he loves is unsurpassed.
"PLAY BRUGUERA IS NOT ONLY ABOUT LEARNING, BUT ABOUT FEELING."

GROUP PROGRAMME
Programa en Grupo

Under 10/ Sub-10

Instilling in children the skills they need to succeed in life is an invaluable gift. Our Bruguera Under 10 Programme is a learning centre for children aged 3 to 10 years old that creates the perfect environment for them to learn how to play tennis. With a perfect child-size/niños-size court and a training style that is integrated and fun, the Under 10 Programme offers specific tennis training for beginner, intermediate and advanced level players.

Under 18/ Sub-18

This unique and progressive training programme aimed at players between 10 and 18 years old, groups participants according to age and skill and offers a uniquely personalised experience for each and every player. As with all our teaching programmes, there are specific initiatives for beginner, intermediate and advanced level players.

ADULT PROGRAMME
Programa de Adultos

Whether you’re new to the game or a seasoned pro, Bruguera’s Adult Programme teaches participants the core elements of the famous Spanish System and Bruguera Method. Practical, fun and engaging, the programme offers skills beyond the court that will help players lead healthier and more productive lives.
“Play Bruguera will make you believe in yourself, make you believe you can win and will push you to fulfil your potential.”

COMPETITION PROGRAMME
Programa de Competición

For competition level players between the ages of 8 and 18 years old, the Bruguera Competition Programme brings together a team of dedicated professional coaches to provide intensive technical preparation, teach key tactical skills and foster the winning attitude that is critical in the competitive game.

ELITE PROGRAMME
Programa de Elíte

An after-school and weekend programme that is carefully designed to develop tennis skills and optimise the performance of exceptional players, our Elite Programme is a structured training plan that follows the world-famous Bruguera System from Barcelona, and includes private one-on-one lessons, group training sessions and specialised tennis camps. Each player is assigned a portfolio to chart their individual progress, from training and tournament schedules to specific nutritional needs.

“If a player isn’t willing to work hard, to suffer, to sacrifice, it is not possible to win.”
PRIVATE PROGRAMME
Programa Privado

For the player who wants to concentrate on his or her own game, Bruguera’s Private Programme is a focused one-on-one plan that addresses every aspect of a player’s game, including the fundamentals of proper stroke technique. Whether you’re aged 10 or 77 years old, the Bruguera Private Programme will significantly improve your game and your spirit by bringing out the champion that is in you.

PRO EYE

Marrying technology and tennis, the Bruguera Pro Eye Programme uses Recplay, a state-of-the-art video analysis, to improve your performance. The first digital analysis programme of its kind in Asia, Bruguera Pro Eye provides a unique digital perspective which allows you to focus on exactly the right mix of stroke mechanics and strategy to sharpen your winning performance. Pro Eye improves the quality of your game by offering you the opportunity to study yourself practising the things you have learnt in training or during a match.

“We don’t tell our players what they’re doing wrong. We create the proper drill to help them do it right.”

“If you can’t anticipate before the ball gets played, you can’t cover the court and your opponent takes the advantage.”
CAMP PROGRAMME
Programa de Campamentos

Our weekly tennis camps for players of all ages and levels offer a personalised approach which considers the individual needs of each player. Bruguera’s tennis camps are a popular and effective way to boost your tennis skills in a fun and friendly environment.

PADEL

One of the world’s fastest growing games and the second most popular sport in Spain, Padel is available for the first time in Hong Kong at Bruguera Tennis Academy. Fast-paced and easy to learn, Padel is a great game for young and old alike. Played on an enclosed court, the game is focused on rallying, teamwork, participation and above all, fun!

“READING THE GAME IS USING YOUR EYES TO EVALUATE THE SITUATION UNFOLDING ON THE OTHER SIDE OF THE NET.”
Unique to Bruguera Tennis Academy is the original Bruguera Certificate System/ Bruguera Sistema de Certificación, which is used as an accurate benchmark of your progress as a player. It is said that it takes 10,000 hours to master any professional practice. At Bruguera, we use a unique system of 5 Steps/ 5 Pasos which must be mastered in the course of a tennis player’s development. These 5 Steps are crucial and include learning how to read the game, how to develop a champion’s attitude and how to become a complete athlete. The coaches use the 5 Steps as tools, according to which they adjust their training and guidance to ensure each player’s optimum motivation and evolution.

“Thanks to our System, every player gets a solid base-line game, brilliant footwork and good control so they can ‘play Bruguera’.”
“My method is don’t talk and don’t think. Just do it; let playing be automatic. If you force a player to play in one specific style, it will never develop his or her intuitive intelligence.”
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