

RAFA NADAL – STARTER RESOURCE



Rafa Nadal has won his 21st Grand Slam Title. This means that he has overtaken Novak Djokovic and Roger Federer in the race to become the most successful Tennis player of all time.



Nadal is seen as a sporting icon and role model.

Evaluate whether it is important for a role model to always show good sportsmanship?



Pick three training methods that should be used by a tennis player. Give reasons for your answers.

Nadal is 35 years old. What do you think motivates Nadal to continue to play tennis?

Do you think Nadal is motivated by intrinsic or extrinsic factors?

Nadal has suffered from numerous injuries throughout his career including:

- Abdominal Tear
- Knee Ligament Damage
- Heat Exhaustion

How can each of these issues be treated?

