



International Tennis Federation

Coaches Education Programme

**Coach of beginner -
intermediate players**
(former ITF Level 1)

Candidate Workbook

Biomechanics and technical analysis

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How to use this workbook

This workbook has been designed to assist you on your journey to becoming an ITF Coach of beginner and intermediate players of the activities you will cover during the course on-court sessions is outlined in this workbook. There are also sections where you can reflect on your coaching knowledge and skills and how you think you are going at different stages of the course.

The ITF Coach of beginner and intermediate players' course is made up of four units. The assessment tasks for many of the units have been integrated (that is, several performance criteria from several units are assessed at the same time). This **Off-Court Workbook** focuses on all units of competency.

You will be required to bring this workbook to all on- and off-court sessions and it should serve as a useful resource in completing your course assessment tasks and during your coaching career.

PERSONAL DATA

Name:

Contact details:

- e-mail:

- phone:

Course venue:

Course dates:

Course tutors:

COACH OF BEGINNER - INTERMEDIATE PLAYERS COURSE UNIT CONTENTS

Coach of beginner - intermediate players		Contents	
Unit N°	Unit Title	Content title	Content general description
<i>Unit 1</i>	<i>Coaching beginner - intermediate players</i>		
Sub Unit 1.1.	Level of play	Level of play	Show competency at ITN 7-8
Sub Unit 1.2.	Training theory (Sport Science)	Philosophy of coaching Biomechanics Teaching methodology Motor learning Psychology Physiology Growth and development Sports Medicine and First aid Physical conditioning Planning and organisation Tactics	Understand and apply the basic training theory principles to coaching beginner – intermediate players
Sub Unit 1.3.	Training practice (individual & group)	Communication Biomechanics Teaching methodology Motor learning Tactics Psychology	Understand and apply the basic training practice principles to coaching beginner – intermediate players
Sub Unit 1.4.	Equipment and facilities	Balls Racquets Courts Teaching aids	Understand and apply the basic equipment and facilities to coaching beginner – intermediate players
<i>Unit 2</i>	<i>Organising competitions for beginner - intermediate players</i>		
	Organising competitions	Rules of tennis Competition formats Code of conduct ITN Scoring systems	Understand and apply the fundamentals of competitions to organise basic competitions for beginner – intermediate players
<i>Unit 3</i>	<i>Managing and marketing tennis programmes for beginner – intermediate players</i>		
	Managing and marketing tennis programmes	Leadership Management Administration Marketing Planning Ethics and Legal issues	Understand and apply the fundamentals of management and marketing to organise basic programmes for beginner – intermediate players
<i>Unit 4</i>	<i>Educating beginner - intermediate players, parents and coaches</i>		
	Education	Well-being Awareness Personal development Anti-doping Educational programmes	Understand and apply the fundamentals of education to organise basic educational programmes for beginner – intermediate players

ACTIVITY	6
Title	Biomechanics and technical analysis
Unit	1. Coaching beginner and intermediate players
Sub-units	1.1. Training theory – sport science – biomechanics
Resources	ITF Manual Coaching beginner and intermediate players – Chapters 7 and 11 –
Content title	Biomechanics and technical analysis
Competencies	<p>Demonstrate fundamental skill observation, assessment /diagnosis and improvement and correction knowledge of techniques (intervention) for beginner - starter players to acquire and perform the session contents:</p> <ul style="list-style-type: none"> • Identify fundamental “coachable moments” for beginner - starter tennis players. • <u>Observation</u>: Create fundamental situations to observe the skill or skill/s to be developed. • Use different fundamental methods and adopt appropriate key court positions to analyse / identify / diagnose the skill or skill/s to be developed. • Develop a fundamental checklist of observation/teaching points. • Identify the fundamental perceptual motor skills to be developed (i.e. gathering facts). • Identify fundamental physical and psychological factors, which affect the acquisition of the skills of beginner - starter. • <u>Assessment</u>: Assess the individual beginner - starter regarding their developmental readiness to acquire the skills being taught and/or developed. • Teach the basic skills specifically related to the needs of the players, and physical and psychological factors. • <u>Intervention/Development</u>: Implement the fundamental appropriate correction techniques (i.e. tips) to improve skill execution on an individualised and/or group basis of technical and tactical elements. • Teach the fundamental skill, monitor the teaching method and coaching / instructional style during the instruction and assess following the instruction. • <u>Evaluation</u>: Implement the fundamental appropriate evaluation to check skill improvement on an individualised and/or group basis of technical and tactical elements. <p>Demonstrate technical / stroke production knowledge and application of relevant tennis contents to the session:</p> <ul style="list-style-type: none"> • <u>Knowledge</u>: Demonstrate knowledge of the fundamental aspects of stroke production. • <u>Grips</u>: Outline and apply through drills the major grips used in tennis (types, recommendations) and the relationship between grip and stroke technique in all major tennis strokes (range of acceptability). • <u>Phases</u>: Demonstrate and explain the fundamentals of the different phases (preparation/stance [closed, square, open], swing, impact [height, distance, location], follow through / recovery) of the basic strokes for beginner - starter. • <u>Swing patterns</u>: Describe and apply through drills the fundamentals of the role of the swing pattern (trajectory, speed, distance, balance, and number of body segments-kinetic chain) in stroke production. • <u>Footwork</u>: Describe and apply through drills the fundamentals of the different stances and movements (i.e. to the ball, recovery, etc.) in stroke production. • <u>Ball control</u>: Identify and apply through drills the fundamentals of the important factors which affect ball control when playing tennis (direction, height, depth, spin, speed) and describe the different types of ball spins (top spin, slice, flat) and outline the tactical implications of each type of ball spin. • <u>Demonstrations and explanations</u>: Demonstrate and explain the key technical fundamentals of the basic strokes for beginner - starter. • <u>Progressions</u>: Apply basic technical progressions / regressions for beginner - starter players. • <u>Analysis and improvement</u>: Analyse and improve the basic tennis strokes using a variety of methods / strategies based on an appropriate range of acceptability.
Time allocated	120 minutes
Materials needed	Pen and paper

1. **Select one stroke of a beginner and intermediate player.**
2. **Observe that beginner and intermediate player hitting that stroke during a match or a rally.**
3. **Observe the same player hitting the same stroke in basket feeding.**
4. **If possible record in video the stroke of that player by using the guidelines provided in the ITF Manual.**
5. **Analyse the player using the analysis and improvement checklists shown below.**
6. **Discuss with fellow coaches your analysis and improvement task.**
7. **Compare your analysis and improvement task with other done by a fellow coach.**
8. **Speak to the player about the convenience of the improvement process.**
9. **If agreed, proceed with the improvement process.**
10. **Write down the different steps of the improvement process (drills, exercises) and, if possible, record on video the development.**

FOREHAND CHECKLIST

Player name: _____ **Date:** _____

	Flaw Y/N	Problem Y/N	Solution
1 Grip			
2 Stance			
3 Backswing and impact			
a) Racquet			
b) Wrist			
c) Elbow			
d) Shoulders			
e) Impact			
f) Footwork & balance			
4 Follow through			

Other aspects:

Things to improve, how and when to improve them:

1.

2.

3.

Coach name: _____

SINGLE HANDED BACKHAND CHECKLIST

Player name: _____ **Date:** _____

	Flaw Y/N	Problem Y/N	Solution
1 Grip			
2 Stance			
3 Backswing and impact			
a) Racquet			
b) Wrist			
c) Elbow			
d) Shoulders			
e) Impact			
f) Footwork & balance			
4 Follow through			
5 Use of free arm			

Other aspects:

Things to improve, how and when to improve them:

1.

2.

3.

Coach name: _____

DOUBLE HANDED BACKHAND CHECKLIST

Player name: _____ **Date:** _____

	Flaw Y/N	Problem Y/N	Solution
1 Grip			
2 Stance			
3 Backswing and impact			
a) Racquet			
b) Wrist			
c) Elbow			
d) Shoulders			
e) Impact			
f) Footwork & balance			
4 Follow through			

Other aspects:

Things to improve, how and when to improve them:

1.

2.

3.

Coach name: _____

SERVICE CHECKLIST

Player name: _____ **Date:** _____

	Flaw Y/N	Problem Y/N	Solution
1 Stance			
a) Feet & balance			
b) Racquet			
c) Free arm			
2 Grip			
3 Backswing and impact			
a) Ball toss			
b) Hitting arm			
- Elbow			
- Shoulders			
- Wrist			
c) Impact			
d) Footwork and balance			
e) Co-ordination (arm movement)			
4 Follow through			
a) Hitting arm			
b) Free arm			
c) Body			
d) Feet and legs			

Other aspects:

Things to improve, how and when to improve them:

1.

2.

3.

Coach name: _____

FOREHAND VOLLEY CHECKLIST

Player name: _____ **Date:** _____

	Flaw Y/N	Problem Y/N	Solution
1 Grip			
2 Stance			
3. Swing & Impact			
a) Racquet			
b) Wrist			
c) Elbow			
d) Shoulders			
d) Impact			
e) Footwork and balance			
4 Follow through			

Other aspects:

Things to improve, how and when to improve them:

1.

2.

3.

Coach name: _____

BACKHAND VOLLEY CHECKLIST

Player name: _____ **Date:** _____

	Flaw Y/N	Problem Y/N	Solution
1 Grip			
2 Stance			
3. Swing & Impact			
a) Racquet			
b) Wrist			
c) Elbow			
d) Shoulders			
e) Impact			
e) Footwork and balance			
4 Follow through			
4 Use of the free arm			

Other aspects:

Things to improve, how and when to improve them:

1.

2.

3.

Coach name: _____

SMASH VOLLEY CHECKLIST

Player name: _____ **Date:** _____

	Flaw Y/N	Problem Y/N	Solution
1 Stance			
a) Feet and balance			
b) Free arm			
2 Grip			
3 Backswing and impact			
a) Free arm			
b) Hitting arm			
- Elbow			
-Shoulders			
-Wrist			
c) Impact			
d) Footwork and balance			
e) Arms co-ordination			
4 Follow through			
a) Hitting arm			
b) Free arm			
c) Body			
d) Feet			

Other aspects:

Things to improve, how and when to improve them:

1.

2.

3.

Coach name: _____

1. What is new? Write 3 new ideas you have learned from this chapter and indicate how you will apply them in your coaching.

1.

2.

3.

2. Write down where you can access information that will help you continue your knowledge on this area when working with beginner and intermediate tennis players.

1.

2.

3.