

International Tennis Federation

Coaches Education Programme

Coach of advanced players *(former ITF Level 2)*

Candidate Workbook

Awareness of standards and analysis of players

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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 advanced 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 advanced 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 ADVANCED PLAYERS COURSE UNIT CONTENTS

Coach of beginner - intermediate players		Contents	
Unit N°	Unit Title	Content title	Content general description
Unit 1	<i>Coaching advanced players</i>		
Sub Unit 1.1.	Level of play	Level of play	Show competency at ITN 3-6
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 advanced players
Sub Unit 1.3.	Training practice (individual & group)	Communication Biomechanics Teaching methodology Motor learning Tactics Psychology Planning and organization	Understand and apply the basic training practice principles to coaching advanced players
Sub Unit 1.4.	Equipment and facilities	Balls Rackets Courts Teaching aids	Understand and apply the basic equipment and facilities to coaching advanced players
Unit 2	<i>Organising competitions for advanced 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 advanced players
Unit 3	<i>Managing and marketing tennis programmes advanced 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 advanced players
Unit 4	<i>Educating advanced 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 advanced players

ACTIVITY	11
Title	Awareness of standards and analysis of players
Unit	1. Coaching advanced players
Sub-units	1.2 Training theory – Sport science – Awareness of standards and analysis of players 1.3 Training practice – Individual & group – Awareness of standards and analysis of players
Resources	ITF Manual Coaching advanced players – Chapter 11
Content title	Awareness of standards and analysis of players
Competencies	<p>Understanding the players:</p> <ul style="list-style-type: none"> • Consider the fundamental different elements affecting the long-term development of tennis players as related to advanced players. • Collect relevant information from players to plan the session. • Get to know the players' fundamental characteristics, motivations, etc. <p>Understanding the game:</p> <ul style="list-style-type: none"> • Consider the different elements of the game as they affect basic session planning. • Plan both singles and doubles training sessions. <p>Demonstrate and apply adequate tennis and sports science knowledge in the plan:</p> <ul style="list-style-type: none"> • Demonstrate the appropriate basic sport science knowledge in elaborating the plan. • Identify and document the basic fundamental perceptual, motor and movement skills to be developed (awareness of standards). <p>Understand and develop the fundamentals of a competition philosophy:</p> <ul style="list-style-type: none"> • <u>General</u>: Understand the key aspects of competitions for advanced players. • <u>Healthy competition</u>: Research and document healthy competition perspectives for advanced players. • <u>Formats</u>: Understand the need for and accommodate different competition formats. • <u>Adaptation</u>: Plan competitions adapted to the level of the advanced players. • <u>Goals</u>: Help players plan simple goals for the competitions of advanced players.
Time allocated	120 minutes
Materials needed	Pen and paper

1. Why is long-term planning important?

2. What factors related to working with advanced tennis players important in long term planning?

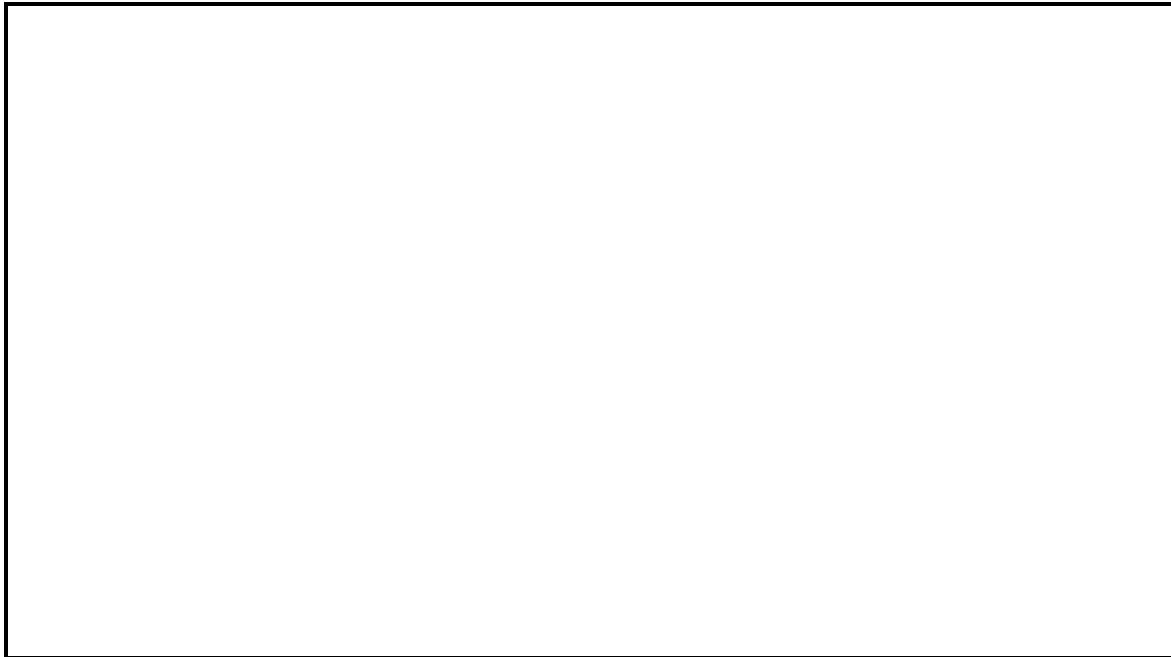
3. Compare and contrast your way of thinking in terms of long term planning between beginner and intermediate players and advanced players.

4. Provide a checklist for the different player development stages starting at age 5/6 to 17/18 for technique?

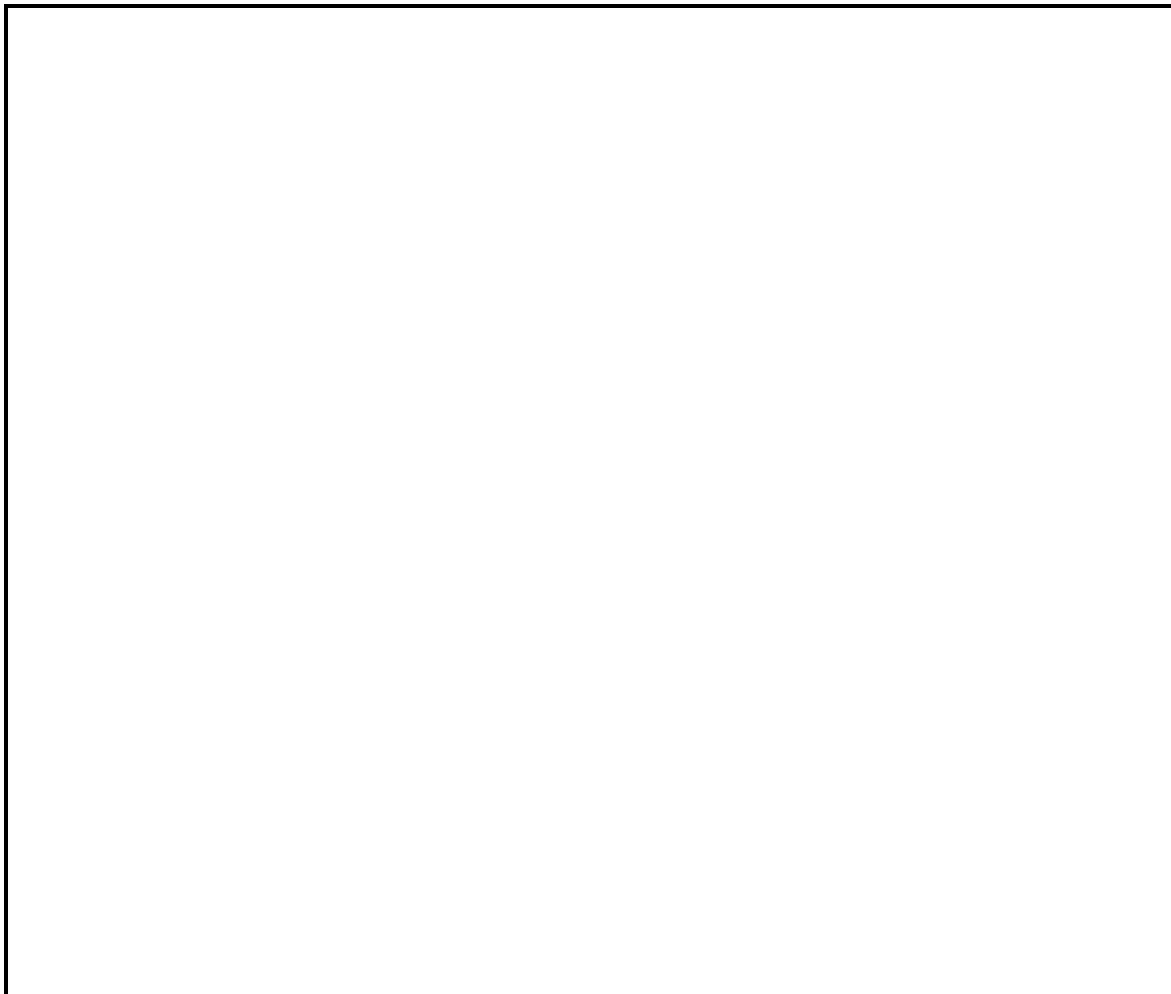
5. Provide a checklist for the different player development stages starting at age 5/6 to 17/18 for tactics?

6. Provide a checklist for the different player development stages starting at age 5/6 to 17/18 for mental/psychology?

7. Provide a checklist for the different player development stages starting at age 5/6 to 17/18 for physical conditioning?

A large, empty rectangular box with a black border, intended for a candidate to provide a response to question 8.

- 8. Use the player profile sheet on page 212 of the advanced coaches' manual and fill out one for one of your advanced players? How did you find this experience?**

A large, empty rectangular box with a black border, intended for a candidate to provide a response to question 9.

- 9. Ask one of your players to fill out the player self analysis sheet on page 213 of the advanced coaches manual. Once your player has filled it out you as a coach**

fill it out and then explain the differences between the coaches and players feedback.