

ITF Coaches Education Programme



Coaching Beginner and Intermediate Players Course

ITF COMPETITIONS FORMATS - 3

Competition formats adapting or combining skills or sports

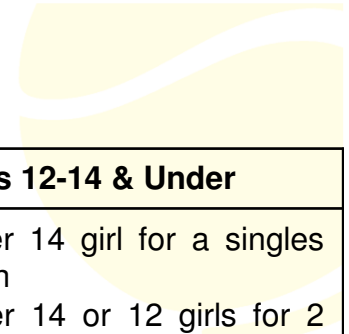
- Drop-hit League
 - Drop-hit serves can be used
- Multi-shot game style competition
 - Different matches using specific shots in each match
 - Move up-move down system
- One court-one shot competition
 - Players should play different shots/game styles
- One court-one doubles formation
 - Players play different doubles formation on each court

Tennis Decathlon



- Tennis Decathlon
- Challenges ten skills at ten different stations
- Sample exercises
- Class divided into pairs
- Advanced players can be given more difficult tasks

Tennis Triathlon



- Tennis Competition
- Track and Field relay competition
- Basketball competition
- Other ways of scoring
- Final Standing

Boys 12 & Under	Boys 14 & Under	Girls 12-14 & Under
<ul style="list-style-type: none"> • 1 under 12 boy for a singles match • 4 under 12 boys for 2 doubles matches 	<ul style="list-style-type: none"> • 1 under 14 boy for a singles match • 4 under 14 boys for 2 doubles matches 	<ul style="list-style-type: none"> • 1 under 14 girl for a singles match • 4 under 14 or 12 girls for 2 doubles matches

Boys 12 & Under	Boys 14 & Under	Girls 12-14 & Under
5 12 & under boys	5 14 & under boys	5 12-14 & under girls
1. Co-ordination and speed: The spider	1. Co-ordination and speed: The spider	1. Co-ordination and speed: The spider
2. Speed: Baseline to baseline run (24 m.)	2. Speed: Baseline to baseline run (24 m.)	2. Speed: Baseline to baseline run (24 m.)
3. Endurance: 4 lap run around the court	3. Endurance: 4 lap run around the court	3. Endurance: 4 lap run around the court

Boys 12 & Under	Boys 14 & Under	Girls 12-14 & Under
5 x 12 & Under boys	5 x 14 & Under boys	5 x 12-14 & Under girls



Tennis and Golf Decathlon

- Clubs
- Mixture of golf and tennis players
- Fast serve contest
- Golf club throw
- Putting for tennis players
- Tennis putting
- Tennis target

Tennis Carnival



- Tennis courts converted into a fair
- Fast serve contest
- Accurate serve contest
- Groundstroke consistency
- Groundstroke accuracy
- Challenge mini-matches

Exer-Tennis-Ize



- Aerobic tennis workout to music
- Warm up
- Agility
- Footwork
- Hitting
- Break
- Players change stations