

LEVEL 2 COACHES COURSE CANDIDATE'S SCHEDULE



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DAY	HOURS ON COURT	HOURS IN LECTURE ROOM	TOTAL
1	3	5	8
2	4 1/2	3 1/2	8
3	3	1	4
4	6	2	8
5	5 1/2	1 1/2	7
6	5 1/2	1 1/2	7
7	5	2	7
8	2 1/2	1 1/2	4
9	6	2	8
10	5	3	8
11	-	5	5
TOTAL	46	28	74

NOTES FOR CANDIDATES PREPARING FOR THE COURSE:

- **The contents** in the book and in the course can be divided into three categories:
 - **Contents for information only** (optional material that does not necessarily need to be covered by the tutor during the course, but will be included in a few questions in the written exam):
 - Ethics and self-improvement for coaches
 - Tennis professional / the business of tennis
 - First aid for tennis: injury prevention / treatment for tennis, nutrition for tennis
 - Planning the tennis training
 - Travelling with tournament players
 - Coaching female tennis players
 - Awareness of standards
 - **Contents to be implemented** (important material that will be introduced during the course and will be included in several questions in the written exam):
 - Methodology of teaching tennis
 - Physical conditioning for tennis and movement
 - Mental training for tournament players
 - Biomechanics of tennis
 - Doubles for tournament players
 - Goal setting for tournament players
 - **Contents to be mastered** (the most important material that will be covered in detail during the course and on which a lot of questions in the written exam will be based):
 - Communication skills
 - Analysis of players
 - The training session: drills, group and individual training
 - Level of play
 - Advanced stroke techniques and diagnosis and correction
 - Strategy and Tactics for tournament players
 - “So what.....” summaries of each one of the chapters

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DAY 1 (8 hrs)

Lecture room: 5 hrs

On court: 3 hrs

SUBJECT	TIME	REFERENCES
Introduction to the course (on court)	30 min	
Introduction to the course (lecture room)	30 min	Include: Course timetable (hand out), assessment sheets (show OH), conditions & guidelines, questionnaire (hand out), assessment procedures.
Communication skills for the tennis coach (lecture room)	1 hour	Chapter 1: The role of a coach
Communication skills for the tennis coach (on court)	1 hr 30 min	Chapter 1: The role of a coach
Introduction to tactics (lecture room and on court)	1 hr 30 min.	Chapter 3: Strategy and tactics for tournament players
Biomechanics: an introduction (lecture room)	2 hrs	Chapter 4: Biomechanics of tennis Technical analysis BIOMECH
Biomechanics: an introduction (on court)	1 hr	Chapter 4: Biomechanics of tennis. Technical analysis BIOMECH

DAY 2 (8 hrs)

Lecture room: 3 ½ hrs

On court: 4 ½ hrs

SUBJECT	TIME	REFERENCES
Playing on the baseline: Technique of the advanced modern groundstrokes (forehand, single handed backhand, double handed backhand) (lecture room)	2 hours	Chapter 5: Advanced stroke techniques Grips: Refer to Level 1 manual
Playing on the baseline (on court)	2 hours 30 min	Chapter 5: Advanced stroke techniques Chapter 8: Movement
Putting the ball into play: Technique of the advanced modern strokes (serve) (lecture room)	1 hour 30 min	Chapter 5: Advanced stroke techniques
Putting the ball into play: Techniques of the advanced modern strokes (serve) (on court)	1 hour 30 min	Chapter 5: Advanced stroke techniques
Feeding techniques for tennis coaching	30 min	Chapter 14: The training session: drills, group and individual training

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DAY 3 (4 hrs)

Lecture room: 1 hrs

On court: 3 hrs

SUBJECT	TIME	REFERENCES
Playing at the net: Technique of the advanced modern strokes (volleys and smash) (lecture room)	1 hour	Chapter 5: Advanced stroke techniques
Playing at the net: Techniques of the advanced modern strokes (volleys and smash) (on court)	1 hour	Chapter 5: Advanced stroke techniques Chapter 8: Movement
Playing in all court: Technique of the advanced modern strokes (variations) (on court)	1 hour	Chapter 5: Advanced stroke techniques Chapter 8: Movement
Level of play test (on court)	1 hour	Guidelines to level of play test

DAY 4 (8 hrs)

Lecture room: 2 hrs

On court: 6 hrs

SUBJECT	TIME	REFERENCES
Technique of the advanced modern strokes (review) (on court)	2 hours	Chapter 5: Advanced stroke techniques Chapter 8: Movement
Teaching methodology (lecture room)	1 hour 30 min	Chapter 2: Methodology of teaching tennis
Teaching styles applied to tennis (on court)	1 hour	Chapter 2: Methodology of teaching tennis
Types of drills: group training (on court)	2 hours	Chapter 14: The training session
Teaching methods and class organisations applied to tennis (on court)	1 hour	Chapter 2: Methodology of teaching tennis
Tennis professional / the business of tennis (lecture room)	30 min	Chapter 1: The role of a coach

DAY 5 (7 hrs)

Lecture room: 1 ½ hrs

On court: 5 ½ hrs

SUBJECT	TIME	REFERENCES
Tactical principles for tournament play through drills and group exercises (on court)	1 hour 30 min.	Chapter 3: Strategy and tactics Chapter 14 The training session
Introduction to technical diagnosis and correction (on court)	1 hour	Chapter 6: Technical diagnosis and correction
How to correct technically tournament players (on court)	2 hours	Chapter 6: Technical diagnosis and correction
Types of drills: individual training (on court)	1 hour	Chapter 14: The training session: Drills, group and individual training
Psychological characteristics of tennis champions (lecture room)	1 hour 30 min	Chapter 7: Mental training for tournament players

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DAY 6 (7 hrs)

Lecture room: 1 ½ hrs

On court: 5 ½ hrs

SUBJECT	TIME	REFERENCES
Other tactical principles for tournament play through drills and group exercises (on court)	1 hour 30 min	Chapter 3: Strategy and tactics for tournament players Chapter 14: The training session
Psychological training through drills and group exercises (on court)	1 hour	Chapter 7: Mental training for tournament players Chapter 14: The training session
Candidate teaching / training practice (on court)	3 hours	Chapter 14: The training session Introduce junior players
First aid for tennis: injury prevention/treatment for tennis (lecture room)	30 min	Chapter 18: Injury prevention in competitive tennis
Nutrition for tennis (lecture room)	30 min	Chapter 17: Nutrition
Ethics and self improvement for coaches (lecture room)	30 min	Chapter 1: The role of a coach

DAY 7 (7 hrs)

Lecture room: 2 hrs

On court: 5 hrs

SUBJECT	TIME	REFERENCES
Analysis of player characteristics (lecture room)	1 hour	Chapter 11: Awareness of standards / Analysis of players
Player profiling (on court)	1 hour	Chapter 11: Awareness of standards / Analysis of players Need 2 advanced juniors
Candidate teaching/training practice (on court)	2 hours	Chapter 14: The training session: Drills, group and individual training
The doubles game (lecture room)	1 hour	Chapter 10: Doubles for tournament players
The doubles game (on court)	2 hours	Chapter 10: Doubles for tournament players

DAY 8 (4 hrs)

Lecture room: 1 ½ hrs

On court: 2 ½ hrs

SUBJECT	TIME	REFERENCES
Goal setting (lecture room)	1 hour 30 min	Chapter 12: Goal setting for tournament players
Candidate teaching/training practice (on court)	2 hours 30 min	Chapter 14: The training session: Drills, group and individual training Use junior players

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DAY 9 (8 hrs)

Lecture room: 2 hrs

On court: 6 hrs

SUBJECT	TIME	REFERENCES
Individual training practice / assessment of candidates (on court)	1 hour & 30 min	Chapter 14: The training session: Drills, group and individual training Junior players as students
Group training practice / assessment of candidates (on court)	2 hours & 30 mins	Chapter 14: The training session: Drills, group and individual training Junior players as students
Physical Fitness for tennis (lecture room)	2 hours	Chapter 9: Physical Conditioning for tennis
Physical training for tournament players (on court)	2 hours	Chapter 9: Physical Conditioning for tennis

DAY 10 (8 hrs)

Lecture room: 3 hrs

On court: 5 hrs

SUBJECT	TIME	REFERENCES
Individual training assessment of candidates (on court)	2 hours	4-6 courts needed Junior players as students
Level of play test (on court)	1 hour	Guidelines for level of play test
Travelling with tournament players (lecture room)	1 hour	Chapter 15: Travelling with tournament players
Group training assessment of candidates (on court)	2 hours	3-5 courts needed Junior players as students
Periodization (lecture room)	1 hour 30 min	Chapter 13: Planning the tennis training
Summary and review of the course	30 min	All topics

DAY 11 (5 hrs.)

Lecture room: 5 hrs

SUBJECT	TIME	REFERENCES
Written assessment of candidates (lecture room)	2 hours	
Feedback of the course	3 hours	