



International Tennis Federation

# **Coaches Education Programme**

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

### **Candidate Workbook**

#### ***Movement: Physical conditioning***

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### Disclaimer

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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

<b>ACTIVITY</b>	<b>8</b>
<b>Title</b>	Physical conditioning: Movement
<b>Unit</b>	1. Coaching advanced players
<b>Sub-units</b>	Training theory – sport science – Physical conditioning: Movement
<b>Resources</b>	ITF Manual Coaching advanced players – Chapter 8
<b>Content title</b>	Movement
<b>Competencies</b>	<p><b>Demonstrate basic physical / motor skills knowledge and application of relevant tennis contents to the session:</b></p> <ul style="list-style-type: none"> <li>• Demonstrate knowledge of the basics of the fundamental aspects of perceptual motor skills needed for advanced players' tennis.</li> <li>• Understand how motor skills are learned and identify the characteristics of each stage.</li> <li>• Identify the basics of perceptual, physical and motor skill characteristics of the sport of tennis.</li> <li>• Describe factors which affect the learning of a motor skill.</li> <li>• Outline different practice schedules for learning a motor skill.</li> <li>• Describe key elements of providing feedback of motor skill learning.</li> <li>• <u>Warm-up</u>: Understand and apply the appropriate and safe warm-up routines for advanced players depending on age, ability of the players, weather conditions, type of session, etc.</li> <li>• <u>Cool-down</u>: Understand and apply the appropriate and safe cool-down routines for advanced players, depending on age, ability of the players, weather conditions, type of session, etc.</li> <li>• <u>ABC (agility, balance, co-ordination)</u>: Understand and apply the basic appropriate exercises, drills and games to develop these skills in advanced players. Balance (static and dynamic), co-ordination (body and hand-eye).</li> <li>• <u>EPS (endurance, power, speed)</u>: Understand and apply the basic appropriate exercises, drills and games to develop these skills in advanced players. Endurance (muscular and organic), power (upper body and lower body), speed (starting, reaction, movement, etc.).</li> <li>• <u>Physical conditioning training</u>: Understand and apply basic physical conditioning training principles to tennis and conditioning training sessions both on- and off-court.</li> </ul>
<b>Time allocated</b>	120 minutes
<b>Materials needed</b>	Pen and paper

1. Balance is an important component of movement. With your understanding of balance from the chapter on Biomechanics explain how someone can improve their static and dynamic 'balance'.

2. What are the factors that affect movement?

3. List the factors that affect movement in sequential order.

4. In terms of movement specific to tennis explain the significance/importance of the components speed, agility, and acceleration.

5. Due to the nature of the game, tennis requires good response time, what factors does response time depend on and how would you improve component with your competitive tennis players?

6. Explain in as much detail as possible the techniques involved in moving to a tennis ball and recovery.

7. When moving in tennis when do we use the following steps?

a) Jab step

b) Shuffle step

c) Explosive step

d) Pivot step

e) Gravity step

f) Split step

**8. Explain the different movement techniques relative to the following positions in the court.**

Back court

Mid court

Net

**9. Give a practical movement drill that will improve the following**

Response time

Speed

Agility