



International Tennis Federation

# **Coaches Education Programme**

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

# **Candidate Workbook**

### **Nutrition**

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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
<i>Unit 1</i>	<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
<i>Unit 2</i>	<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
<i>Unit 3</i>	<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
<i>Unit 4</i>	<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

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<b>ACTIVITY</b>	<b>17</b>
<b>Title</b>	Nutrition
<b>Unit</b>	1. Coaching advanced players
<b>Sub-units</b>	1.2 Training theory – Sports Science – Nutrition
<b>Resources</b>	ITF Manual Coaching advanced players – Chapter 17
<b>Content title</b>	Nutrition
<b>Competencies</b>	<p><b>Demonstrate and apply adequate tennis and sports science knowledge in the plan:</b></p> <ul style="list-style-type: none"> <li>• Demonstrate the appropriate basic sport science knowledge in elaborating the plan.</li> <li>• Identify and document the basic fundamental perceptual, motor and movement skills to be developed (awareness of standards).</li> </ul>
<b>Time allocated</b>	120 minutes
<b>Materials needed</b>	Pen and paper

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1. How do you as a coach understand and see the influence of nutrition when working with advanced players (Training and competition).

2. What is a recommended intake in percentage of carbohydrates, protein and fat for tennis players?

3. What typically are foods that competitive tennis players should avoid and possible alternative replacement?

**4. Please explain the relationship between carbohydrate intake and glycogen stores.**

**5. Should competitive tennis players be taking vitamins or trace elements as part of their regular diet?**

6. The prevention of fatigue is an important aspect in playing tennis competition what can be done from a nutritional point of view to prevent fatigue.

7. What is the adequate intake recommended to prevent dehydration, also explain the role of carbohydrate/electrolyte sports drinks in prevention of dehydration.

8. Would you recommend carbo loading for your competitive tennis players before a big event. If so what are the components of carbo loading.

**9. If your player is cramping in a match what can you do as a coach to help your player? How can you prevent your player cramping?**

**10. Is there a role for us of energy bars for advance players.**



**11. Would you support electrolyte or carbohydrate sports drink? Substantiate your answer**

**12. What are GI foods? Would you support competitive tennis players intake being low or High GI foods?**

**13. What are the best recovery strategies from a nutritional point of view.**

**14. Design a diet for a competitive tennis player that will be playing a singles match at 10 am and a doubles match at 2pm.**

**15. If you are travelling with a group of advanced players to a country you are unsure of the foods available what kinds of foods products would you recommend taking?**

**16. What kind of nutritional strategies you as a coach can incorporate in your coaching to provide the necessary information and assistance to your competitive players.**