



International Tennis Federation

Coaches Education Programme

**Coach of beginner -
intermediate players**
(former ITF Level 1)

Candidate Workbook

Teaching Methodology:
Analysis and improvement

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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 beginner and intermediate 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 beginner and intermediate 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 BEGINNER - INTERMEDIATE PLAYERS COURSE UNIT CONTENTS

Coach of beginner - intermediate players		Contents	
Unit N°	Unit Title	Content title	Content general description
Unit 1	<i>Coaching beginner - intermediate players</i>		
Sub Unit 1.1.	Level of play	Level of play	Show competency at ITN 7-8
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 beginner – intermediate players
Sub Unit 1.3.	Training practice (individual & group)	Communication Biomechanics Teaching methodology Motor learning Tactics Psychology	Understand and apply the basic training practice principles to coaching beginner – intermediate players
Sub Unit 1.4.	Equipment and facilities	Balls Racquets Courts Teaching aids	Understand and apply the basic equipment and facilities to coaching beginner – intermediate players
Unit 2	<i>Organising competitions for beginner - intermediate 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 beginner – intermediate players
Unit 3	<i>Managing and marketing tennis programmes for beginner – intermediate 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 beginner – intermediate players
Unit 4	<i>Educating beginner - intermediate 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 beginner – intermediate players

ACTIVITY	8
Title	Teaching methodology: Analysis and improvement
Unit	1. Coaching beginner and intermediate players
Sub-units	1.1. Training theory – sport science – teaching methodology
Resources	ITF Manual Coaching beginner and intermediate players – Chapter 11 –
Content title	Teaching methodology: Analysis and improvement
Competencies	<p>Demonstrate technical / stroke production knowledge and application of relevant tennis contents to the session:</p> <ul style="list-style-type: none"> • <u>Knowledge</u>: Demonstrate knowledge of the fundamental aspects of stroke production. • <u>Grips</u>. • <u>Phases</u>. • <u>Swing patterns</u>. • <u>Footwork</u>. • <u>Ball control</u>. • <u>Progressions</u>. • <u>Analysis and improvement</u>: Analyse and improve the basic tennis strokes using a variety of methods / strategies based on an appropriate range of acceptability. <p>Demonstrate physical / motor skills knowledge and application of relevant tennis contents to the session:</p> <ul style="list-style-type: none"> • Demonstrate knowledge of the fundamental aspects of perceptual motor skills needed for beginner - starter' tennis. • Understand how motor skills are learned and identify the characteristics of each stage. • Identify the fundamentals of the perceptual, physical and motor skill characteristics of the sport of tennis. • Describe factors which affect the learning of a motor skill. • Outline different practice schedules for learning a motor skill. • Describe key elements of providing feedback of motor skill learning. <p>Demonstrate fundamental skill observation, assessment /diagnosis and improvement and correction knowledge of techniques (intervention) for beginner - starter players to acquire and perform the session contents:</p> <ul style="list-style-type: none"> • Identify fundamental "coachable moments" for beginner - starter tennis players. • <u>Observation</u>: Create fundamental situations to observe the skill or skill/s to be developed. • Use different fundamental methods and adopt appropriate key court positions to analyse / identify / diagnose the skill or skill/s to be developed. • Develop a fundamental checklist of observation/teaching points. • Identify the fundamental perceptual motor skills to be developed (i.e. gathering facts). • Identify fundamental physical and psychological factors, which affect the acquisition of the skills of beginner - starter. • <u>Assessment</u>: Assess the individual beginner - starter regarding their developmental readiness to acquire the skills being taught and/or developed. • Teach the basic skills specifically related to the needs of the players, and physical and psychological factors. • <u>Intervention/Development</u>: Implement the fundamental appropriate correction techniques (i.e. tips) to improve skill execution on an individualised and/or group basis of technical and tactical elements. • Teach the fundamental skill, monitor the teaching method and coaching / instructional style during the instruction and assess following the instruction. • <u>Evaluation</u>: Implement the fundamental appropriate evaluation to check skill improvement on an individualised and/or group basis of technical and tactical elements.
Time allocated	120 minutes
Materials needed	Pen and paper

1. **Observe a beginner and intermediate player during a match or a rally.**
2. **Analyse the player using the analysis and improvement checklists shown below.**
3. **Discuss with fellow coaches your analysis and improvement task.**
4. **Compare your analysis and improvement task with other done by a fellow coach.**

ANALYSIS AND IMPROVEMENT CHECKLIST TACTICS

Name of the player: _____ Date: _____

KEY	NOTES	√/X
T A C T I C A L	Understanding Does the player understand what he has to do?	
	Planning Has the player a plan for how to perform the task?	
	Perception Has the player perceived the situation properly?	
	Recognition Does the player recognise opportunities to exploit any weaknesses of the opponent in this game situation?	
	Anticipation Has the player correctly anticipated the situation?	
	Decision-making Has the player made the correct decision based on the situation and the information he had available?	
	Options What are the player's tactical options in this game situation?	
	Shot selection Has the player selected an appropriate response to the situation? Does the player consistently choose the right option in this game situation?	
	Space How effectively does the player use the court's space in this game situation?	
	Feedback Does the player evaluate his response effectively?	
	Improvement Is the player able to recognise and adapt ineffective tactics in this game situation?	
Percentage Was the decision that was made too risky?		

Other aspects:

Things to improve and how to do it:

TACTICAL:

1.	
2.	
3.	

ANALYSIS AND IMPROVEMENT CHECKLIST MENTAL

Name of the player: _____ Date: _____

KEY	NOTES	√ / X
M E N T A L	Motivation Is the player committed to the task?	
	Concentration Is the player focused on the task?	
	Self-confidence Has the player sufficient confidence to perform the task?	
	Emotional control Is the player sufficiently control of his emotions to be able to perform the task?	

Other aspects:

Things to improve and how to do it:

MENTAL:

1.	
2.	
3.	

ANALYSIS AND IMPROVEMENT CHECKLIST PHYSICAL

Name of the player: _____ Date: _____

KEY	NOTES	√ / X
P H Y S I C A L	Power / strength Has the player enough power / strength to perform the task?	
	Endurance Has the player enough endurance to perform the task?	
	Speed Does the player have sufficient speed to perform the task?	
	Flexibility Is the player sufficiently flexible to perform the task?	
	Coordination Is the player sufficiently coordinated to perform the task?	
	Balance Is the player balanced when performing the task?	
	Fatigue Is the player too tired to perform the task?	

Other aspects:

Things to improve and how to do it:

PHYSICAL:

1.	
2.	
3.	

ANALYSIS AND IMPROVEMENT CHECKLIST TECHNICAL

Name of the player: _____ Date: _____

KEY	NOTES	✓/X
T E C H N I C A L	Starting position - balance Is the ready position appropriate?	
	Grip Is the grip correct for this particular stroke?	
	Tracking Does the player observe the flight of the ball and correctly judge the trajectory, the speed, the spin and the bounce of the ball?	
	Movement – footwork Is there a properly timed split-step? Does the player move efficiently to get into position for the shot?	
	Backswing – pre-stretch Are the hips and shoulders turned sufficiently? Is the backswing of appropriate length?	
	Forwardswing Are body parts optimally coordinated? Is the movement smooth?	
	Contact point Is impact made at an appropriate height and distance from the body? Is the contact point appropriate for the grip used?	
	Control of racquet face Did the ball go where the player wanted it to go?	
	Weight transfer Does the player transfer the weight in the general direction of the hit?	
	Follow-through Is the follow-through appropriate for the shot performed and of sufficient length?	
Recovery Does the player recover in time for the next shot?		

Other aspects:

Things to improve and how to do it:

TECHNICAL:

1.	
2.	
3.	

1. What is new? Write 3 new ideas you have learned from this chapter and indicate how you will apply them in your coaching.

1.

2.

3.

2. Write down where you can access information that will help you continue your knowledge on this area when working with beginner and intermediate tennis players.

1.

2.

3.