



International Tennis Federation

Coaches Education Programme

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

Candidate Workbook

Playing skills – Level of play

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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	11
Title	Level of play
Unit	1. Coaching beginner and intermediate players
Sub-units	Level of play
Resources	ITF ITN Assessment Test
Content title	Playing skills – level of play
Competencies	<p>Demonstrate and effectively use the fundamental tennis strokes for teaching beginner - starter players (the recommended level of play of the coach should be minimum ITN 7-8):</p> <ul style="list-style-type: none"> • <u>Serve and return:</u> Starting to serve with control and some power. Developing spin. Can return serve consistently with directional control on medium-paced shots • <u>Groundstrokes:</u> Forehand quite consistent and varied on moderate shots and is played with directional control and some spin. Backhand is hit with directional control on moderate shots however difficulty is experienced on high and hard shots, which are often returned defensively. Will use either backhand drive or slice almost exclusively. • <u>Approaching and playing at the net:</u> Is developing approach shots and starting to look for the opportunity to come in to the net. Can direct forehand volleys, controls backhand volley but with little offence. Has difficulty in putting volleys away and in playing half volleys. Is capable of covering some passing shots and typically uses proper footwork. Consistent overhead. • <u>Other strokes:</u> Can lob fairly consistently on faster paced shots. Developing basic passing shot ability but has difficulty in playing a pass with the backhand.
Time allocated	30 minutes
Materials needed	Tennis court and balls

1. **Take the ITN Assessment Test.**
2. **If possible, record in video all your strokes and analyse your level of play with a fellow coach.**
3. **Discuss with fellow coaches your analysis and improvement plan.**

International Tennis Number — On Court Assessment

Name: _____ Date of Birth: _____ Sex: M F
 Assessor: _____ Date: _____ Venue: _____

what's your number?



International Tennis Number

GS Depth			Volley Depth			GS Accuracy			Serve		
Stroke	#	Score	Stroke	#	Score	Stroke	#	Score	Stroke	#	Score
Forehand	1		Forehand	1		Forehand DL	1		1st Box Wide	1	
Backhand	2		Backhand	2		Backhand DL	2		1st Box Wide	2	
Forehand	3		Forehand	3		Forehand DL	3		1st Box Wide	3	
Backhand	4		Backhand	4		Backhand DL	4		1st Box Middle	4	
Forehand	6		Forehand	6		Forehand DL	6		1st Box Middle	6	
Backhand	8		Backhand	8		Backhand DL	8		1st Box Middle	8	
Forehand	7		Forehand	7		Forehand CC	7		2nd Box Middle	7	
Backhand	9		Backhand	9		Backhand CC	9		2nd Box Middle	9	
Forehand	8		Sub Total			Forehand CC	11		2nd Box Wide	10	
Backhand	10		Consistency			Backhand CC	12		2nd Box Wide	11	
Sub Total			Volley Depth Total			Sub Total			2nd Box Wide	12	
Consistency						Consistency			Sub Total		
GS Depth Total						GS Accuracy Total			Consistency		
									Serve Total		

This ITN Assessment was conducted in accordance with the guidelines set forth in the Official ITN Assessment Guide. I hereby agree to its authenticity.

Signed by/belief of the player:

Signed by the Assessor:

Strokes Total	Mobility Score	Total Score

Mobility Table	Time	Score

T	46	38	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15														
S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26														
Score (F)	57-79				80-108				109-140				141-171				172-205				206-230				231-258				259-303				304-344				345-430			
Score (M)	75-104				105-139				140-175				176-209				210-244				245-268				269-293				294-337				338-362				363-430			
ITN	ITN 10				ITN 9				ITN 8				ITN 7				ITN 6				ITN 5				ITN 4				ITN 3				ITN 2				ITN 1			

Number of Assessments	New ITN Rating

Circle player's ITN level after completing the Assessment.

5. 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.

6. 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.