



TSA Advanced Instructor Course

TSA Advanced Instructor Course Schedule





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Day	Hours on-court	Hours in lecture room	Total
1	3	5	8
2	4.5	3.5	8
3	3	1	4
4	6	2	8
5	5.5	1.5	7
6	5.5	1.5	7
7	0	0	0
8	5	2	7
9	2.5	1.5	4
10	6	2	8
11	5	3	8
12	0	5	5

Notes for preparing for the course:

Content for information only:

- Ethics & self-improvement
- The business of coaching
- First aid for tennis & injury prevention
- Traveling with tournament players
- Coaching female players

Content to be implemented:

- Methodology of teaching tennis
- Physical conditioning
- Mental training
- Biomechanics of tennis
- Doubles for tournament players
- Planning the tennis training
- Awareness of standards

Content to be mastered:

- Communication skills
- Analysis & improvement
- The training session: Group & individual training
- Level of play
- Advanced stroke technique
- Strategy & tactics for advanced tournament players
- "So what" summaries at the end of each chapter

Assessments:

During the course:

- Level of play test
- Written test(s)
- Personal attributes

After the course:

- 2 x Group lesson (live ball) tests
- 1 x Periodization case study project with 2 to 4 players over 6 months. Please find more details in the Advanced Instructor guidelines document



TSA Advanced Instructor Course

Day 1: 8 hours

Subject:	Outcomes:	Time:	References:
Introduction: Welcoming		30 min	
Introduction to the course		30 min	Course material & resources
Communication skills for the tennis coach (lecture room)	<ul style="list-style-type: none"> • Explain the definition & importance of communication skills in coaching • Identify strengths and weaknesses in your communication skills • Use ways to improve your communication skills in different situations • Identify and use different types of communication in different situations 	1 hour	Chapter 1: The role of the coach
Communication for the tennis coach: (on-court)	<ul style="list-style-type: none"> • Explain the definition & importance of communication skills in coaching • Identify strengths and weaknesses in your communication skills • Use ways to improve your communication skills in different situations • Identify and use different types of communication in different situations 	1 hour 30 min	Chapter 1: The role of the coach
Introduction to tactics (lecture room & on-court)	<ul style="list-style-type: none"> • What is strategy? • What is tactics? • How many phases of play? What are the characteristics of each phase? • How many zones of the court? What are the characteristics? • Other factors that can influence strategy & tactics? 	1 hour 30 min	Chapter 3: Strategy & tactics for tournament players
Biomechanics: Introduction (lecture room)	<ul style="list-style-type: none"> • Definition of biomechanics? • Define & explain each letter of the acronym – BIOMECH? • Give a practical example for each letter of the acronym – BIOMECH? 	2 hours	Chapter 4: Biomechanics of tennis BIOMECH
Biomechanics: Introduction (on-court)	<ul style="list-style-type: none"> • Identify the BIOMECH principles in the various phases of tennis strokes: <ul style="list-style-type: none"> ➤ Preparation phase ➤ Forward swing ➤ Contact point ➤ Follow-through 	1 hour	Chapter 4: Biomechanics of tennis BIOMECH



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Day 2: 8 hours

Subject:	Outcomes:	Time:	References:
Playing on the baseline: Groundstrokes (lecture room)	<ul style="list-style-type: none"> Demonstrate all groundstrokes according to the technical model, incorporating the BIOMECH principles: Forehand (eastern, semi-western & western), backhand (single, double & slice) 	2 hours	Chapter 5: Advanced stroke techniques Grips: Coaching Beginner/Intermediate players course
Playing on the baseline: Groundstrokes (on-court)	<ul style="list-style-type: none"> Demonstrate all groundstrokes according to the technical model, incorporating the BIOMECH principles: Forehand (eastern, semi-western & western), backhand (single, double & slice) 	2 hours	Chapter 5: Advanced stroke techniques Grips: Coaching Beginner/Intermediate players course
Starting the point: The serve (lecture room)	<ul style="list-style-type: none"> Demonstrate the serve according to the technical model incorporating the BIOMECH principles: Slice, flat & topspin serves. Foot-up and foot-back techniques 	1 hour 30 minutes	Chapter 5: Advanced stroke techniques Grips: Coaching Beginner/Intermediate players course
Starting the point: The serve (on-court)	<ul style="list-style-type: none"> Demonstrate the serve according to the technical model incorporating the BIOMECH principles: Slice, flat & topspin serves. Foot-up and foot-back techniques 	1 hour 30 minutes	Chapter 5: Advanced stroke techniques Grips: Coaching Beginner/Intermediate players course
Feeding techniques for tennis coaching (on-court)	<ul style="list-style-type: none"> List and explain the 5 different types of feeding when working with advanced players Demonstrate - show the 5 types of feeding when working with advanced players 	1 hour	Chapter 14: The training session: Drills, group & individual training

Day 3: 4 hours

Subject:	Outcomes:	Time:	References:
Playing at the net: Volleys & the smash (lecture room)	<ul style="list-style-type: none"> Demonstrate the volleys & smash according to the technical model incorporating the BIOMECH principles: All volley & smash varieties 	1 hour	Chapter 5: Advanced stroke techniques Grips: Coaching Beginner/Intermediate players course
Playing at the net: Volleys & the smash (on-court)	<ul style="list-style-type: none"> Demonstrate the volleys & smash according to the technical model incorporating the BIOMECH principles: All volley & smash varieties 	1 hour 30 minutes	Chapter 5: Advanced stroke techniques Grips: Coaching Beginner/Intermediate players course
1 st try: Level of play test (on-court)	<ul style="list-style-type: none"> Show consistency at an advanced level when rallying: All strokes 	1 hour 30 minutes	Level of play test guidelines & assessment sheet



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Day 4: 8 hours

Subject:	Outcomes:	Time:	References:
Technique of the advanced modern strokes: Review all strokes - summary	<ul style="list-style-type: none"> • Demonstrate the volleys & smash according to the technical model incorporating the BIOMECH principles: All strokes 	2 hours	Chapter 5: Advanced stroke techniques Grips: Coaching Beginner/Intermediate players course
Teaching methodology (lecture room)	<ul style="list-style-type: none"> • List and explain the importance of teaching methodology • Explain the relationship between teaching and learning • List the 3 ways people learn • List and define the 3 stages of learning • List and use the different teaching styles 	1 hour 30 minutes	Chapter 2: Methodology of teaching tennis
Teaching styles applied to tennis (on-court)	<ul style="list-style-type: none"> • List and explain the importance of teaching methodology • Explain the relationship between teaching and learning • List the 3 ways people learn • List and define the 3 stages of learning • List and use the different teaching styles 	1 hour	Chapter 2: Methodology of teaching tennis
Types of drills: Group training session	<ul style="list-style-type: none"> • 20 min group session based on the same structure as the Instructor course 	1 hour	Chapter 14: The training session
Types of drills: Group training session – live ball drills	<ul style="list-style-type: none"> • Conduct a 20min live ball group session with 3 to 5 players • Progress the session through all stages to link with the stages of learning 	2 hours	Chapter 14: The training session
The professional/the business of tennis coaching (lecture room)	<ul style="list-style-type: none"> • List the steps you need to take to establish your coaching business • List the different types of employment in tennis • List the guidelines for writing a curriculum vitae (résumé) • List some possible interview questions (ask or being asked) • List time management techniques • List the legal responsibilities of a coach 	30 minutes	Chapter 1: The role of the coach



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Day 5: 7 hours

Subject:	Outcomes:	Time:	References:
Group training session: Live ball drills (on-court)	<ul style="list-style-type: none"> • Conduct a 20min live ball group session with 3 to 5 players • Progress the session through all stages to link with the stages of learning 	1 hour 30 minutes	Chapter 14: The training session
Introduction to analysis and improvement (on-court)	<ul style="list-style-type: none"> • Describe the 4 step process of analysis & improvement • Apply the 4 step process in the workplace • List 4 analysis methods and be able to apply it • Identify 5 Intervention/Improvement techniques • Identify how players learn and use the appropriate intervention to help them Improve 	1 hour	Chapter 6: Analysis & improvement
How to improve players technically (on-court)	<ul style="list-style-type: none"> • Describe the 4 step process of analysis & improvement • Apply the 4 step process in the workplace • List 4 analysis methods and be able to apply it • Identify 5 Intervention/Improvement techniques • Identify how players learn and use the appropriate intervention to help them Improve 	2 hours	Chapter 6: Analysis & improvement
Types of drills: Individual training (on-court)	<ul style="list-style-type: none"> • Conduct a 20min session with 1 player • Progress the session through all stages to link with the stages of learning 	1 hour	Chapter 14: The training session
Psychological characteristics of tennis champions (lecture room)	<ul style="list-style-type: none"> • List the psychological characteristics of tennis and of tennis champions • Use the basics of motivation, concentration, emotional control and self-confidence for tennis performance • Identify the keys for mental performance in tournament play • Use some principles for dealing with parents 	1 hour 30 minutes	Chapter 7: Mental training for tournament players



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Day 6: 7 hours

Subject:	Outcomes:	Time:	References:
Group training session: Live ball drills (on-court)	<ul style="list-style-type: none"> • Conduct a 20min live ball group session with 3 to 5 players • Progress the session through all stages to link with the stages of learning (tactical theme) 	1 hour 30 minutes	Chapter 14: The training session
Psychological training through drills and group exercises (on-court)	<ul style="list-style-type: none"> • Conduct a 20min live ball group session with 3 to 5 players • Progress the session through all stages to link with the stages of learning (tactical & mental theme) 	1 hour	Chapter 7: Mental training for tournament players
Candidate teaching/training practice (on-court)	<ul style="list-style-type: none"> • Practice for group & individual sessions 	3 hours	Chapter 14: The training session
First aid for tennis: Injury prevention/treatment for tennis (lecture room)	<ul style="list-style-type: none"> • Understand your role in injury prevention and first aid procedures • Identify the main causes of injuries in tennis • Identify the typical injuries in tennis and their causes • Explain appropriate emergency procedures and monitor the health and safety of players 	30 minutes	Chapter 18: Injury prevention in competitive tennis
Nutrition for tennis (lecture room)	<ul style="list-style-type: none"> • Identify the categories of nutrients, their relative contribution to tennis and a sample of diet plan • Understand and use the basics of food intake before, during and after a tennis match • Understand the importance of adequate fluid intake for tennis performance • Understand and use the basics of fluid intake before, during and after a tennis match 	30 minutes	Chapter 17: Nutrition
Ethics & self-improvement for tennis (lecture room)	<ul style="list-style-type: none"> • Explain the concept of ethics in tennis and its importance • Identify several ethical principles in your coaching • Identify the basic ethical standards needed for coaching • Explain the importance of self-improvement • Identify different areas for self-improvement and ways to do it 	30 minutes	Chapter 1: The role of the coach

Day 7: Off day

Day 8: 8 hours

Subject:	Outcomes:	Time:	References:
Analysis of player characteristics (lecture room)	<ul style="list-style-type: none"> • List the benefits (3) and importance (1) of long term planning for a tennis player • Identify the different stages of player development • Identify the key player characteristics (TTMP) and competencies in each level 	1 hour	Chapter 11: Awareness of standards & analysis of players



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	<ul style="list-style-type: none"> • Know how to develop a player profile and use the player's profile checklist 		
Player profiling (on-court or video analysis)	<ul style="list-style-type: none"> • List the benefits (3) and importance (1) of long term planning for a tennis player • Identify the different stages of player development • Identify the key player characteristics (TTMP) and competencies in each level • Know how to develop a player profile and use the player's profile checklist 	1 hour	Chapter 11: Awareness of standards & analysis of players
Candidate teaching/training (on-court)	<ul style="list-style-type: none"> • Practice for group & individual sessions 	2 hours	Chapter 14: The training session
The doubles game (lecture room)	<ul style="list-style-type: none"> • List the benefits of doubles for juniors and professional tennis players • Know the tactical goals for doubles tournament players • List the main characteristics of the strategy and tactics for doubles • Devise effective and appropriate knowledge of the mental performance in doubles tournament play 	1 hour	Chapter 10: Doubles for tournament players
Doubles group training drills: Live ball group lessons (on-court)	<ul style="list-style-type: none"> • Conduct a 20min live ball group session with 3 to 5 players • Progress the session through all stages to link with the stages of learning 	2 hours	Chapter 10: Doubles for tournament players

Day 9: 4 hours

Subject:	Outcomes:	Time:	References:
Goal setting (lecture room)	<ul style="list-style-type: none"> • Explain the definition and importance of goal-setting for tennis • Explain the different types and principles of goals in tennis • Know the steps and problems of goal-setting • Know what research tell us about goal-setting • Devise effective and appropriate goal-setting for tournament tennis players 	1 hour 30 minutes	Chapter 12: Goal setting for tournament players
Candidate teaching/training practice (on-court)	<ul style="list-style-type: none"> • Practice for group & individual sessions 	2 hours 30 minutes	Chapter 14: The training session



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Day 10: 8 hours

Subject:	Outcomes:	Time:	References:
Physical conditioning for tournament players (lecture room)	<ul style="list-style-type: none"> • Identify and test the physical factors specifically needed for top performance in tennis • Understand the basic physiology and energy production systems in tennis • Develop an understanding of the principles of training and their application to tennis • Devise effective and appropriate physical conditioning for tournament tennis players 	2 hours	Chapter 9: Physical conditioning for tennis
Physical conditioning for tournament players	<ul style="list-style-type: none"> • Identify and test the physical factors specifically needed for top performance in tennis • Understand the basic physiology and energy production systems in tennis • Develop an understanding of the principles of training and their application to tennis • Devise effective and appropriate physical conditioning for tournament tennis players 	2 hours	Chapter 9: Physical conditioning for tennis
Individual lesson practice/training for candidates (on-court)	<ul style="list-style-type: none"> • Conduct a 20min session with 1 player • Progress the session through all stages to link with the stages of learning 	1 hour 30 minutes	Chapter 14: The training session
Group lesson (live ball) practice/training for candidates (on-court)	<ul style="list-style-type: none"> • Conduct a 20min live ball group session with 3 to 5 players • Progress the session through all stages to link with the stages of learning 	2 hours 30 minutes	Chapter 14: The training session

Day 11: 8 hours

Subject:	Outcomes:	Time:	References:
Periodization & annual plan (lecture room)	<ul style="list-style-type: none"> • Define periodization: What is periodization? • List 5 benefits of periodization? • Know the general characteristics and phases of tennis planning (periodization) • Devise effective and appropriate training and tournament planning for tournament tennis players 	1 hour	Chapter 13: Planning the tennis training
Periodization: Application (lecture room)	<ul style="list-style-type: none"> • Example case study as practice for the assessment 	2 hours	Chapter 13: Planning the tennis training
Individual lesson practice/training for candidates (on-court)	<ul style="list-style-type: none"> • Conduct a 20min session with 1 player • Progress the session through all stages to link with the stages of learning 	2 hours	Chapter 14: The training session
Group lesson (live ball) practice/training for candidates (on-court)	<ul style="list-style-type: none"> • Conduct a 20min live ball group session with 3 to 5 players • Progress the session through all stages to link with the stages of learning 	3 hours	Chapter 14: The training session



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Day 12: 5 hours

Subject:	Outcomes:	Time:	References:
Written assessment (lecture room)	<ul style="list-style-type: none">• 30 point multiple-choice• 30 point written test	2 hours 30 minutes	All course material & resources
2 nd try: Level of play test (on-court)	<ul style="list-style-type: none">• Show consistency at an advanced level when rallying: All strokes	1 hour 30 minutes	Level of play test guidelines & assessment sheet
Feedback & closing of the course		1 hour	