



International Tennis Federation

Coaches Education Programme

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

Candidate Workbook

Competitions

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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. Some activities you will cover during the course on-court sessions are 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	15
Title	Competitions
Unit	2. Organising competitions for beginner and intermediate players
Sub-units	2. Organising competitions
Resources	ITF Manual Coaching beginner and intermediate players – Chapter 14 –
Content title	Planning, organising, conducting and evaluating competitions
Competencies	<p>Organising and conducting the competition:</p> <ul style="list-style-type: none"> • <u>Rules</u>: Know and understand the fundamentals of the rules of tennis. • <u>Code of conduct</u>: Know and understand the code of conduct. • <u>Competition formats</u>: Know and understand the basic use and characteristics of different competition formats (i.e. challenge, elimination, group, rotation, and team) applied to beginner - intermediate players. • <u>Equipment and facilities</u>: Prepare, know and understand the basic use of different equipment (i.e. balls, racquets, nets, etc.) and adapted facilities (i.e. court sizes). • <u>Scoring systems</u>: Know and understand the basic use and characteristics of different scoring systems applied to beginner - intermediate players. • <u>Player assignment</u>: Assign the players to groups/teams/matches accordingly. • <u>Coach assignment</u>: Assign the coaches to groups/teams/matches accordingly. • <u>ITN</u>: Use ITN and ITN assessment to organise competition for beginner - intermediate players in a basic manner. • <u>Session</u>: Organise basic competitive activities during the tennis session. • <u>Travel</u>: Travel with players to competitions if needed and watch the players as much as possible play competition (especially when it is local). • <u>Direction</u>: Effectively direct the competition in a basic manner. • <u>Explanation and demonstration</u>: Ensure a clear explanation and demonstration of the fundamental characteristics and goals of the competition is provided if necessary. • <u>Referee</u>: Perform the role of a beginner - intermediate tournament supervisor / referee / umpire and/or motivate players to perform the role of an umpire / linesman. • <u>Representation</u>: Act as a team representative if needed. • <u>Communication/Feedback</u>: Ensure basic adequate communication procedures with players during the competition (i.e. coaching allowed or not). <p>Evaluate the competition:</p> <ul style="list-style-type: none"> • <u>Feedback</u>: Give appropriate basic feedback to players after the competition. • <u>Talent scouting and identification</u>: Use competition for basic talent ID purposes. • <u>Match charting / outcome</u>: Assess the fundamentals of success of competition in the development of beginner - intermediate players. • <u>Way forward</u>: Reflect on different possible basic formats to ensure this success.
Time allocated	120 minutes
Materials needed	Pen and paper

1. Do you think beginner players should play a “tennis match”/”competition” in their first coaching session? The very first day they are introduced to tennis? Justify your decision.

Yes / No:

Why?

2. Is competition healthy for beginner and intermediate players? Justify your answer.

Yes / No:

Why?

3. How would you explain to young beginner and intermediate players the goals of competition at their level? Justify your explanation

The main goal of competition at beginner and intermediate level is to...

Why?

4. How would you explain to the parents of young beginner and intermediate players the goals of competition at their level? Justify your explanation

The main goal of competition at beginner and intermediate level is to...

Why?

5. Competition should be adapted to the level of play of beginner and intermediate players. Indicate how this can be done by providing three practical examples of different situations of your choice.

Situation	How competition can be adapted

6. The adequate understanding and application of the Rules of Tennis is crucial for playing matches. Review the Rules of Tennis and indicate the basic rules that, in your opinion, beginner and intermediate players should be introduced to in their first lesson when they play their first “tennis match”. Justify your choice.

Rule	Description	Reason why is crucial

7. The adequate understanding and application of the Code of Conduct is crucial for playing matches. Review the Code of Conduct and indicate the basic aspects that, in your opinion, beginner and intermediate players should know in their first lesson when they play their first “tennis match”. Justify your choice.

Rule	Description	Reason why is crucial

8. There are a number of competition formats that can be used when planning the competition of beginner and intermediate players. Please list the advantages and disadvantages of the following formats and add others if you wish.

	Advantages	Disadvantages
Challenge		
Elimination		
Rotation		
Group		
Team		
Other		

9. There are a number of scoring systems that can be used when conducting the competition of beginner and intermediate players. Please list the advantages and disadvantages of the following scoring systems and add others if you wish.

Scoring system	Advantages	Disadvantages
1, 2, 3...		
Short sets		
Tie-break		
No ad		
Traditional		
Other		

10. Organise a competition in which you act as a referee and chair umpire. Indicate the pros and cons of this role for a tennis coach. Justify your answer.

Role	Advantages	Disadvantages
Chair umpire		
Referee		

11. Organise a team competition for beginner and intermediate players in which you will act as a team representative. Which are, in your opinion, the main roles you have to perform?

<p>a.</p> <p>b.</p> <p>c.</p> <p>d.</p>

12. Organise a team competition for beginner and intermediate players in which you will act as a coach/captain. Which are, in your opinion, the main aspects you can give feedback to players?

- a.
- b.
- c.
- d.

13. Reflect after a competition for beginner and intermediate players. Which are the aspects you think can be improved? Justify your answers.

- a.
- b.
- c.
- d.

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

1.

2.

3.