International Tennis Federation

Coaches Education Programme

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

Candidate Workbook

Teaching Methodology: Feeding

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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 Nº	**Unit Title**	**Content title**	**Content general description**
Unit 1	*Coaching beginner - intermediate players*		
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	*Organising competitions for beginner - intermediate players*		
	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	*Managing and marketing tennis programmes for beginner – intermediate players*		
	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	*Educating beginner - intermediate players, parents and coaches*		
	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	4
Title	Teaching methodology: Feeding techniques
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 10 –
Content title	Teaching methodology: Feeding techniques
Competencies	**Conduct fundamental drills, activities and games to teach or develop the tennis skills of beginner - starter**: • <u>Feeding</u>: Appropriately use fundamental feeding skills (safety, direction, height, depth, rhythm, effect, speed, court positioning of player / coach, frequency, etc.) and types (hand, drop, basket, and rally).
Time allocated	60 minutes
Materials needed	Pen and paper

1. **Contact a fellow coach and ask him if he would not mind you attending one of his lessons and filling in the form below.**

2. **You will check his feeding competencies and give him three aspects in which he could improve.**

3. **You can offer him to repeat the assessment after your feedback.**

4. **You can also ask him to do the same process for you.**

BASKET
FEEDING SKILLS CHECKLIST

Coach's name: _____

Aspect	Competent Yes – Not yet	Comments
Goal: Adequate and clear to the player. Explains and demonstrates the drill (how many balls, where, etc.).		
Position and distance of the basket related to the coach: Free side, or in front, behind.		
Position of the basket on court related to the angle of feeding.		
Position of the basket related to the targets: I.e. distance from the net.		
Position of the basket related to the ball hit by the player.		
Position of basket related to shots: GS (baseline-½ court), volleys (baseline), passing (½court), approach (baseline), serve (behind or in front the baseline).		
Stance of coach: Open, square, ready position.		
Overall image: Interested and motivated		
Grip: Continental or adequate to feed (handle / throat?)		
Height of the basket		
Backswing: Reduced, or too long.		
Balls: Always in hand. Non-stop feeding. Number of balls fed & number of balls in the basket		
Targets: Use and reward system.		
Types of targets: zones of the court (beginners), cones (vertical), hops, lines, placement, size of the target. Ask players to put down targets		
Effects: Flat or with spin for more realism		
Purpose: Getting the ball in.		
Serve drills: Number of balls in hand.		
Return: Feeding for return drills.		
Speed: According to the level of the player & the goal of the drill.		
Depth: According to the level of the player & the goal of the drill.		
Power: According to the level of the player & the goal of the drill.		
Direction of balls fed: Realistic.		
Rhythm: Adequate to the player's level		
Stop feeding: for corrections or work : rest ratio		
Variation of the rhythm: According to the ball hit by the player.		
Realism: Make players deserve the next ball. Feeding after a missed ball?		
Corrections: Feeding for correction. I.e. The same ball when there is a mistake.		
Feedback: Adequate, monotonous, etc.		
Control: Checks player's success in the drill (targets, scores, etc).		
Score: Use and asks players to keep it.		

RALLY
FEEDING SKILLS CHECKLIST

Coach's name: _____

Aspect	Competent Yes – Not yet	Comments
Goal: Adequate and clear to the player. Explains and demonstrates.		
Positioning: Adequate to the goal of the drill		
Consistency: No mistakes. Keeping ball in play		
Movement: Coach moves. Keeps active. Moves too much?		
Power / Control: Take the pace off the ball or increase it.		
Targets: Use.		
Ability: Can maintain a rally with the player?		
Control: Checks player's success in the drill (targets, scores, etc).		
Score: Use and asks players to keep it.		
Corrections: Rallying for correction.		
Feedback: Adequate, monotonous, etc.		

Things to improve:

Basket feeding:

1.

2.

3.

Rally feeding:

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.