



International Tennis Federation

Coaches Education Programme

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

Candidate Workbook

Strategy and tactics

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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
<i>Unit 1</i>	<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 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
<i>Unit 2</i>	<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
<i>Unit 3</i>	<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
<i>Unit 4</i>	<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	3
Title	Strategy and tactics for beginner tennis players
Unit	1. Coaching beginner and starter players
Sub-unit	1.1. Training theory – sport science – teaching methodology 1.2. Training practice – individual and group – teaching methodology and tactics
Resources	ITF Manual Coaching beginner and intermediate players – Chapters 6 and 13 –
Content title	Strategy and tactics
Competencies	<p>Demonstrate tactical / strategic knowledge and application of relevant tennis contents to the session:</p> <ul style="list-style-type: none"> • <u>Knowledge</u>: Demonstrate fundamental basic knowledge of the fundamental aspects of strategy and tactics for beginner - starter. • <u>Drills</u>: Outline and apply through drills the basic tactical fundamentals for beginner - starter tennis players. • <u>Game situations</u>: Understand and apply through drills the 5 basic game situations (serve, return, baseline game, approaching and playing the net, passing the net player) for beginner - starter tennis. • <u>Zones of play</u>: Outline and apply through drills the basic zones of play for beginner - starter tennis (back court-red, mid court-yellow, net court-green). • <u>Phases of play</u>: Outline and apply through drills the phases of play (attacking, neutral, defending) in the basic tennis game situations and their strokes). • <u>Tactical intentions</u>: Outline and apply through drills the main tactical intentions (hit, over, in, deep, etc.) in the basic tennis game situations and their strokes. • <u>Other factors that influence tactics</u>: Outline and apply through drills the phases other factors that may influence tactics (physical, technical, tactical, psychological, and environmental) in the basic tennis game situations and their strokes. • <u>Singles and doubles</u>: Outline and apply through drills the basic strategies and tactics for singles and doubles play in both singles and/or doubles training sessions. • <u>Demonstrations and explanations</u>: Demonstrate and explain the basic fundamental tactical fundamentals of the basic game situations for beginner - starter. • <u>Progressions</u>: Apply basic tactical progressions/ regressions for beginner - starter players. • <u>Analysis and improvement</u>: Analyse and improve the basic tennis strategies and game styles using a variety of methods in the different game situations.
Time allocated	120 minutes
Materials needed	Pen and paper

1. **Strategy is the development of a game plan. Give one example of a possible game plan for a beginner tennis player. Justify your example.**

1.

2. **Provide three tactical examples for the strategy you have set up above.**

1.

2.

3.

3. **Explain how the different factors listed below can affect the tactics of a match.**

1. Level of play:

2. Surface:

3. Conditioning:

4. Wind:

5. Sun:

6. Psychological factors:

4. **Examine the list of factors above and include another factor(s) that in your opinion may affect the tactics of a match.**

1.

2.

5. Consistency is crucial for tactics. Provide three examples on how to play consistently at beginner level.

1.

2.

3.

6. Players should avoid making unforced errors.

1. Define "unforced error":

2. Write down one example of an unforced error:

7. In tactics we can also talk about forced errors.

1. Define "forced error":

2. Write down one example of a forced error:

8. When players improve their confidence and skills they can concentrate more on risk taking. Provide three examples on players can increase risk at experienced beginner level.

1.

2.

3.

9. Provide three examples on how experienced beginner players can force their opponents to make a mistake.

1.

2.

3.

10. Players should try to hit the ball deep.

1. Why?

2. Where?

3. When?

3. How?

11. Players should try to exploit their opponents' weaknesses. Provide three examples on how beginner players can find out where or which are their opponents' weaknesses.

1.

2.

3.

12. Players should develop a high margin for error. Provide three examples on how beginner players can do this.

1.

2.

3.

13. Recovery for the next shot positioning is very important. Write two drills that will help players understand this tactical concept.

1. When, where and how to recover in the baseline:

2. When, where and how to recover at the net:

14. Game situations in beginners' tennis. Fill in the following table with the appropriate information.

Game situation	Main tactical goal(s)	How/Where to play	Which stroke(s) to use
Serve			
	Play the serve in		
Baseline			
		Deep	
			Lob

15. Zones of play in beginners' tennis. Fill in the following table with the appropriate information.

Game situation	Zone where I play from	Zone where my opponent plays from	Time I have to react to the oncoming ball
	Baseline		
Return			
		Baseline	
Approaching the net			
			Less

16. When both players are rallying from the baseline, beginners should try to wait for their opponents' to make a mistake. Write one drill that will help players understand this tactical concept.

1. When, where and how my opponent makes a mistake from the baseline:

17. Shot identification in beginners' tennis. Fill in the following table with the appropriate information.

Game situation	Example of an easy shot for me	Example of an easy shot for my opponent
	In the middle of the service box	
		In the middle of the court
Baseline game		
	High and short ball	
Opponent at the net		

18. Shot selection in beginners' tennis. Fill in the following table with the appropriate information.

Type of ball	Type of shot for me	How to play	Example
Green			
	Moderately difficult		
		Very carefully	

19. Give one tactical tip to a beginner player when:

- Playing against a stronger opponent:

- Playing against a weaker opponent:

- Playing against a risk taker/attacker:

- Playing against a retriever /defensive player:

- Playing against a player who moves very well:

- Playing against a player who does not move well:

- Playing on a clay court:

- Playing on a hard court:

- Playing on a windy day:

- Playing with the sun:

20. Doubles tactics in beginners' tennis. Fill in the following table with the appropriate information.

Player role	Where to stand	How to play	Where to move
Server			To the net if possible
		Keep the volley in	
	At the baseline		
Receiver's partner			

21. When playing doubles it is important to try to get to the net as soon as possible. Write one drill that will help players understand this tactical concept.

1. When, where and how to get to the net as soon as possible in doubles:

22. When playing doubles it is important to play as a team. Write one drill that will help players understand this tactical concept.

1. When, where and how to get to play as a team in doubles:

23. When playing doubles it is important to vary the returns. Write one drill that will help players understand this tactical concept.

1. When, where and how to get to vary the return in doubles:

24. When playing doubles it is important to play well at the net. Write one drill that will help players understand this tactical concept.

1. When, where and how to get to play well at the net in doubles:

25. When playing doubles it is important that players in the team communicate. Write one drill that will help players understand this tactical concept.

1. When, where and how to communicate with my partner in doubles:

26. 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.

27. 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.