



SYLLABUS TSA LEVEL 2 & 3 COACHES COURSE

- 1. The Role of a coach.** The role of a coach. Communication skills for a tennis coach. The business of coaching. Communication skills checklist. Example of a Curriculum Vita. Ethics and self improvement
- 2. Awareness of standards and analysis of players.** Long term planning for a tennis player. Player profiling. Player self-analysis.
- 3. Mental training for tournament players.** Motivation. Concentration. Emotional control (arousal): Activation and Relaxation. Control of Behaviours and Thoughts: Self-confidence. Mental performance in tournament play. Dealing with parents.
- 4. Goal setting for tournament players.** Introduction. Examples of goal setting applied to tennis.
- 5. Strategy and tactics for tournament players.** Factors which influence match play. Principles for strategy and tactics in tournament singles play. The game styles: Definition and how to counter. Tactics used in the 5 game situations. Anticipation. Percentage play for tournament players. Other factors affecting singles strategy. Tactical match analysis. Tactical training.
- 6. Biomechanics of tennis.** Introduction. Balance. Inertia. Opposite force. Momentum. Elastic energy. Co-ordination chain. Practical applications of biomechanics.
- 7. Advanced stroke techniques.** The forehand. The backhand. The serve. The volley and its variations. The smash and its variations. Other strokes for advanced players.
- 8. Movement.** Movement cycle in tennis. How to cover the court and how to move in the different parts of the court: movement techniques for different shots. Movement practice.
- 9. Technical diagnosis and correction.** How to correct tournament players. Technical checklist for tournament players.
- 10. Methodology of teaching tennis.** Teaching styles applied to tennis. Teaching methods applied to tennis.
- 11. Planning the tennis training.** Introduction to periodisation. Planning the tennis training. Training guidelines for the different phases of the annual plan. Other planning phases of the tennis training.
- 12. The training session: drills, group and individual training.** The training session. Drills. Group training. Individual training. Session planner.
- 13. Doubles for tournament players.** Strategy and tactics for doubles. Mental performance in doubles tournament play.
- 14. Developing female tennis players.** Characteristics of female and male tennis players. Ideas on teaching female tennis players. Principles for talent search and detection

15. Travelling with tournament players. Being a coach / team captain. The international tournament structure. Career path for a junior tennis player. ITF Planner. Match chart sheet.

16. First aid and injury prevention: The coach and Sports Medicine. Most common injuries and their prevention in tennis players. Other common medical issues in tennis players.

17. Nutrition: Basic principles of nutrition. Eating for competition. Drink to win. Nutrition guidelines for tennis.

18. Physical fitness: The importance of fitness for tennis. Physical demands of tennis. Principles of training. Long term physical development. Developing tennis fitness. Evaluating tennis fitness.

19. Assessment: Individual, group, demonstration and written tests

The contents in the book and in the course can be divided into three categories:

- Contents for information only (optional material that does not necessarily need to be covered by the tutor during the courses, but will be included in a few questions in the written exam):
 - Ethics and self improvement for coaches
 - Tennis professional / the business of tennis
 - First aid for tennis: injury prevention / treatment for tennis, nutrition for tennis
 - Planning the tennis training
 - Travelling with tournament players
 - Coaching female tennis players
 - Awareness of standards
- Contents to be implemented (important material that will be introduced during the course and will be included in several questions in the written exam):
 - Methodology of teaching tennis
 - Physical conditioning for tennis and movement
 - Mental training for tournament players
 - Biomechanics of tennis
 - Doubles for tournament players
 - Goal setting for tournament players
- Contents to be mastered (the most important material that will be covered in detail during the course and on which a lot of questions in the written exam will be based):
 - Communication skills
 - Analysis of players
 - The training session: drills, group and individual training
 - Level of play
 - Advanced stroke techniques and diagnosis and correction
 - Strategy and Tactics for tournament players
 - "So what....." summaries of each one of the chapters