

ITF Coaches Education Programme Level 2 Coaching Course



Introduction

Objectives of the level 2 course



- Provide education and certification for intermediate/advanced tennis coaches
- Give information about latest topics and theories in tennis teaching
- Provide an opportunity to share ideas about tennis with colleagues and others



Contents

- The role of the coach/communication
- Awareness of standards and analysis of players
- Goal setting
- Mental training
- Strategy and tactics
- Biomechanics

Contents (II)



- Advanced stroke techniques
- Movement
- Technical diagnosis and correction
- Methodology
- Planning the training
- Drills, group and individual training

Contents (III)



- Doubles
- Coaching women players
- Travelling with players
- Physical conditioning
- Injury prevention
- Nutrition

TIMETABLE

	<u>Court</u>	<u>Lecture</u>	<u>Total</u>
DAY 1	3	5	8
DAY 2	4.30	3.30	8
DAY 3	2.30	1.30	4
DAY 4	6	2	8
DAY 5	5.30	1.30	7
DAY 6	5.30	1.30	7
DAY 7	4.30	2.30	7
DAY 8	2.30	1.30	4
DAY 9	6	2	8
DAY 10	5	3	8
DAY 11	=	<u>5</u>	<u>5</u>
TOTAL	46	28	74



T I M E T A B L E

	Court	Lecture	Total
1. The Role of a coach/Communication	1.30	2	3.30
2: Awareness of standards and analysis of players	1	2	3
3: Goal setting for tournament players	-	2	2
4: Mental training for tournament players	1.30	1.30	3
5: Strategy and tactics for tournament players	4	1.30	5.30
6: Biomechanics of tennis	1.30	2	3.30
7: Advanced stroke techniques	5	3.30	8.30
8: Movement	1.30	-	1.30
9: Technical diagnosis and correction	4	-	4
10: Methodology of teaching tennis	3	1.30	4.30
11: Planning the tennis training	-	1.30	1.30
12: The training session: drills and group training	10	-	10
13: Doubles for tournament players	1.30	1.30	3
14 : Travelling with tournament players	-	1.30	1.30
Introduction, Summary & Review:	-	4	4
Physical Conditioning	2	30	2.30
Injury prevention and Nutrition	-	1.30	1.30
Assessment	4	2	6
TOTAL	46	28	74



The tutor's role



- Giving information
- Sharing information (coach to coach)
- Listening, discussing and pooling ideas
- Identifying and helping solve problems
- Challenging coaches to analyse their own practice
- Setting action plans

Assessment procedure

1. Level of play test: Day 8 (30 minutes)
Candidates rally demonstrating reasonable stroke techniques (First trial day 3)
2. Teaching test:
 - Individual: First opportunity. Day 9 (1.30 hrs).
 - Group: First opportunity. Day 9 (1.30 hrs).
 - If passed: no need to be tested for second opportunity

Assessment procedure (II)

2. Teaching test: If not passed
 - Individual: Second opportunity. Day 10 (2 hrs).
 - Group: Second opportunity. Day 10 (2 hrs).
3. Written test: Day 11 (2 hours)

**ALSO IMPORTANT:
CONTINUOUS ASSESMENT
THROUGHOUT THE COURSE**

Tutor's expectations of the candidates

- Excellent communication skills
- Motivation and interest in learning
- Professionalism
- Good behaviour and ethical standard
- Punctuality, proper dress, etc.
- Good level of play, understanding of the game and knowledge of sports sciences

Course ground rules



- Punctuality: Students shall be ready to start when the session commences
- Dress and equipment: Students shall dress and present themselves in a professional manner. They will always have a racket.
- Participation: Students are encouraged to actively participate in the course through questions, suggestions, etc.

Course materials



- Level II Textbook
- Tennis drill book
- Hand-outs:
 - Session planner
 - Annual planner
 - Player analysis worksheet
 - Other