



International Tennis Federation

Coaches Education Programme

**Coach of advanced
players**
(former ITF Level 2)

Candidate Workbook

Strategy and Tactics: Coaching

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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 advanced 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 advanced 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 ADVANCED 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 advanced players</i>		
Sub Unit 1.1.	Level of play	Level of play	Show competency at ITN 3-6
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 advanced players
Sub Unit 1.3.	Training practice (individual & group)	Communication Biomechanics Teaching methodology Motor learning Tactics Psychology Planning and organization	Understand and apply the basic training practice principles to coaching advanced players
Sub Unit 1.4.	Equipment and facilities	Balls Rackets Courts Teaching aids	Understand and apply the basic equipment and facilities to coaching advanced players
<i>Unit 2</i>	<i>Organising competitions for advanced 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 advanced players
<i>Unit 3</i>	<i>Managing and marketing tennis programmes advanced 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 advanced players
<i>Unit 4</i>	<i>Educating advanced 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 advanced players

ACTIVITY	8
Title	Coaching: Strategy and Tactics
Unit	<ol style="list-style-type: none"> 1. Coaching advanced players 2. Organising the competition of advanced players
Sub-units	<ol style="list-style-type: none"> 1.1 Level of play- Level of play 1.2 Training theory - Sport Science - Tactics 1.3 Training practice – Individual & Group – Tactics
Resources	ITF Manual Coaching advanced players – Chapter 3
Content title	Strategy and Tactics: Coaching
Competencies	<p>Demonstrate basic tactical / strategically knowledge and application of relevant tennis contents to the session:</p> <ul style="list-style-type: none"> • Knowledge: Demonstrate basic knowledge of the fundamental aspects of strategy and tactics for advanced players. • Drills: Outline and apply through drills the basic tactical fundamentals for advanced players. • Game situations: Understand and apply through drills the 5 game situations (serve, return, baseline game, approaching and playing the net, passing the net player) for advanced players. • Zones of play: Outline and apply through drills the basic zones of play for advanced players. • Phases of play: Outline and apply through drills the phases of play (attacking, neutral, defending) in the game situations and their strokes). • Tactical intentions: Outline and apply through drills the main tactical intentions (use best shot, play percentage tennis, play to weakness, etc.) in the game situations and their strokes. • Other factors that influence tactics: Outline and apply through drills the phases other factors that may influence tactics (physical, technical, tactical, psychological, and environmental) in the game situations and their strokes. • Tactical patterns: Understand, help players develop and apply through drills the basic tactical patterns of play at advanced level. • Different surfaces: Emphasise practice and tactical work on different surfaces. • Singles and doubles: Outline and apply through drills the strategies and tactics for singles and doubles play in both singles and/or doubles training sessions. • Demonstrations and explanations: Demonstrate and explain the tactical fundamentals of the basic game situations for advanced players. • Progressions: Apply basic tactical progressions/ regressions for advanced players. • Analysis and improvement: 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. The following questions are what we need to ask as a coach when looking at the learner/player. How would you incorporate these questions in your tactical development of your player/s?**

Do they possess underlying abilities to perform the task?
Is the task developmentally appropriate?
Have they had any past experiences that are relevant to the task?
Are they motivated to learn the task?
What individual differences might influence the acquisition of this task?

- 2. The following questions are what we need to ask as a coach when looking at the environment. How would you incorporate these questions in your tactical development of your player/s?**

In what context will the task be performed?
Is that context predictable or unpredictable?
Is there a time limitation?

- 3. The following questions are what are we need to ask as a coach when looking at the task/opponent. How would you incorporate these questions in your tactical development of your player/s?**

Does the task have a high perceptual component?
Is objective manipulation required?
What body movements are required?
Must the task be performed under a variety of conditions, or must the learner be able to consistently and accurately replicate the movement pattern?

4. Using the factors of match play namely player, opponent, and environment explain how these differ relative to different court surfaces

Clay court

Hard court

Grass court

5. List the strength and weaknesses of the game style: net rusher/serve and volleyer

Strengths

Weaknesses

6. List the strengths and weaknesses of the game style: aggressive baseliner

Strengths

Weaknesses

7. List the strengths and weaknesses of the game style: counter puncher

Strengths

Weaknesses

8. List the strengths and weaknesses of the game style: all round player

Strengths

Weaknesses

9. In your own words give a definition of patterns of play. Also are there any conditions when talking of patterns of play/tactics (hint number of hits in a rally)?

10. List as many patterns of play as possible for the serving game.

11. List as many patterns of play as possible for the returning game.

12. List as many patterns of play as possible for baseline to baseline game.

13. List as many patterns of play as possible for approaching the net

14. List as many patterns of play as possible passing the net player

15. Watch a professional men's tennis match. Identify the game style of each player and justify by listing the patterns that the player used. The patterns used should match up to the game style of the player.

Player A: Game style

Player A: Patterns of play

Player B: Game style

Player B: Patterns of play

16. Watch a professional women's tennis match. Identify the game style of each player and justify by listing the patterns that the player used.

Player A: Game style

Player A: Patterns of play

Player B: Game style

Player B: Patterns of play

17. Compare and contrast the game style and patterns of player used by the men compared to the women's game.

18. For the two below mentioned serving tactical themes list as many patterns as possible that are consistent to the theme.

How to use the serve to win the point in 3 shots

When and why to vary the placement of the second serve.

19. For the two below mentioned returning tactical themes list as many patterns as possible that are consistent to the theme.

How to put pressure on the opponent with the return of serve.

What options are available when returning a weak serve

20. For the two below mentioned baseline to baseline tactical themes list as many patterns as possible that are consistent to the theme.

Why and when to hit to the open court or back behind a player

When to play down the line or crosscourt.

21. For the two below mentioned approaching the net tactical themes list as many patterns as possible that are consistent to the theme.

Why and how to sneak in

Why and when to come in and hit a drive volley

22. For the two below mentioned passing the net tactical themes list as many patterns as possible that are consistent to the theme.

When to lob or hit the passing shot

Why and when to use the two ball pass tactic

23. For each of the game situations give a tactical training drill that you like and use a lot when training your advanced players. Use an additional sheet of paper if needed.

Serving game

Returning game

Baseline to baseline

Approaching the net

Passing the net

24. When demonstrating or teaching tactics would it be advisable to use the whole or part method.

25. From a tactical point of view and in trying to get better awareness as a coach and for your players, go through the process of getting one player to watch another player's match by focusing on identifying the player's strength and weaknesses. This would serve as a form of scouting another player.

Strengths

Weaknesses

26. Define variable and block practice method. Also state when teaching tactics which method would be better.

Definitions

Better method and why?

27. Decision making forms a crucial part of tactical play. Below are 6 methods to improve decision making of your player. Discuss for each method how you would implement this in your coaching.

Method 1: Teach the tactics in whole, then the parts

Method 2: Opponent observation

Method 3: Self observation

Method 4: Variable practice

Method 5: Control feedback

Method 6: Questioning

28. Using the match analysis sheet on page 282 of the Advanced coaches manual chart a tournament match of one of your players.

29. Using a different method of match analysis to question 24 chart a tournament match of one of your players.

30. How would you train tactically the following types of anticipation

Tracking or perceptual anticipation

Situational-tactical anticipation

Situational-geometric anticipation

Technical or movement anticipation