



International Tennis Federation

# **Coaches Education Programme**

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

## **Candidate Workbook**

**Player growth and development**

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### **Disclaimer**

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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

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<b>ACTIVITY</b>	<b>6</b>
<b>Title</b>	Growth and development
<b>Units</b>	<ol style="list-style-type: none"> <li>1. Coaching beginner and intermediate players</li> <li>3. Managing and marketing programme for beginner-intermediate players</li> <li>4. Educating beginner-intermediate players, parents and coaches</li> </ol>
<b>Sub-unit</b>	1.1. Training theory – sport science
<b>Resources</b>	ITF Coaching Beginner and Intermediate Players – Chapter 5
<b>Content title</b>	Growth and development
<b>Competencies</b>	<ul style="list-style-type: none"> <li>• Establish the appropriateness of training and competition levels and other activities in relation to each player's stage of development.</li> <li>• Identify and document the fundamentals of the stage of skill learning.</li> <li>• Consider the fundamental different elements affecting the long-term development of tennis players as related to beginner - starter players.</li> <li>• Collect relevant information from players to plan the session.</li> <li>• Get to know the players' fundamental characteristics, motivations, etc.</li> </ul>
<b>Time allocated</b>	120 minutes
<b>Materials needed</b>	Pen and paper

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1. Do you think that it is important for the coach to understand the main characteristics of growth and development of their players? Justify your answer.

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2. Write down the main characteristics of puberty.

Aspect	Main characteristics
Age	
Growth	
Sexual	
Neurological	

3. Focus in a group of beginner or intermediate players you are working with and complete the following table.

Player name	Date of birth	Height	Mean height at that age (*)

(\*) These data can be taken from medical information on each nation (growth tables)

4. Indicate the differences between...

Chronological age	Biological age

5. Indicate the main differences in growth and development between...

Girls	Boys

6. Indicate how the different physical conditions can be developed during puberty.

Condition	How to develop them
Aerobic endurance	
Strength	
Speed	
Flexibility	
Agility	

7. From the data in the book write down the characteristics of an early specialisation career of a player and a multi-lateral or multi-skill development career.

Age	Content	Early specialisation career (hours)	Multi-lateral or multi-skill development career (hours)
Up to 5 years old	Conditioning		
	Tennis training		
	Tennis matches		
5-8 years old	Conditioning		
	Tennis training		
	Tennis matches		
8 to 10 years old	Conditioning		
	Tennis training		
	Tennis matches		
10 to 12 years old	Conditioning		
	Tennis training		
	Tennis matches		

8. Write down the main psycho-social changes that occur during puberty.

1.

2.

3.

9. Explain your understanding of sensitive phases or windows of opportunity and why it is important for a coach to know about it.

10. Put together a development plan for one of your beginner and intermediate player.

Age	
Physical	
Technical	
Tactical	
Psychological	
Social	
Education	
Competition	
Loads	<ul style="list-style-type: none"> <li>• Nr. weeks training x year:</li> <li>• Nr. general training sessions x week:</li> <li>• Nr. tennis-specific sessions x week:</li> <li>• Nr. fitness sessions x week:</li> <li>• Nr. tournaments x year:</li> <li>• Nr. matches x year.</li> </ul>



**11. 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.

**12. 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.