



International Tennis Federation

Coaches Education Programme

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

Candidate Workbook

Sports Medicine and
First Aid for Tennis

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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
Unit 1	<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 Sports Medicine and 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
Unit 2	<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
Unit 3	<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
Unit 4	<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	13
Title	Sports Medicine and First Aid for tennis
Units	<ol style="list-style-type: none"> 1. Coaching beginner and intermediate players 2. Organising competitions for beginner and intermediate players 4. Education of beginner and intermediate players
Sub-units	<ol style="list-style-type: none"> 1.1. Training theory – sport science – sports medicine and first aid 2. Organising competitions 4. Education
Resources	ITF Manual Coaching beginner and intermediate players – Chapter 18 –
Content title	Sports Medicine and First Aid for tennis
Competencies	<p>Organising the players prior to the session:</p> <ul style="list-style-type: none"> • Ensure players are available (i.e. injury free, motivated and ready). <p>Ensuring safety procedures prior to the session:</p> <ul style="list-style-type: none"> • Ensure fundamental organisation's Occupational Health and Safety requirements are considered and satisfied. • Ensure the fundamental safety of the player/s in the specific coaching environment (spacing of players, placement of equipment, etc.). <p>Implement sound safety procedures in the training of beginner – intermediate players:</p> <ul style="list-style-type: none"> • Ensure that Occupational Health and Safety and Emergency Procedures requirements are satisfied. • <u>Safety procedures</u>: Implement the specific fundamental safety and medical considerations of beginner – intermediate players. • <u>First-aid</u>: Organise and effectively implement fundamental first-aid procedures if needed. • <u>Environmental protection</u>: Know and implement fundamental environmental protection strategies (fluid intake procedures, sun protection strategies, etc.). • <u>Physiological considerations</u>: Know and understand the fundamental specific physiological elements (i.e. energy systems) involved in the training of beginner players depending on their age, physical condition, other characteristics, etc. • <u>Medical considerations</u>: Know and understand the fundamental specific medical components (i.e. injury prevention) involved in the training of beginner players depending on their age, physical condition, other characteristics, etc. <p>Organise the competition:</p> <ul style="list-style-type: none"> • <u>Emergency</u>: Be able to deal and know the basic procedures for an emergency during competition. <p>Conduct the competition:</p> <ul style="list-style-type: none"> • <u>Safety</u>: Ensure basic safety procedures throughout the competition. <p>Address drugs in sport, child protection and healthy habits issues:</p> <ul style="list-style-type: none"> • Access fundamental concepts of drugs in tennis and healthy habits resources and information. • Advise players regarding fundamental sources of information on drugs in tennis and healthy habits issues. • Adhere to basic tennis specific rules, policies and regulations relating to drugs and healthy habits in tennis.
Time allocated	120 minutes
Materials needed	Pen and paper

1. Indicate how you ensure your players are injury free before the session.

1.

2. Provide three examples in which players have not been ready for the session due to an injury.

1.

2.

3.

3. Explain what do you understand by overtraining and indicate how you can recognise it and prevent it.

1. Definition of overtraining:

2. How I can recognise it:

3. How I can prevent it:

4. Explain how the different factors listed below can affect the possibility of a player sustaining an injury.

1. Growth of the player:

2. Surface of the court:

3. Conditioning:

4. Biomechanics:

5. Racquets:

6. Psychological factors:

5. Examine the list of factors above and include another factor(s) that in your opinion may cause a player suffer an injury.

1.

2.

6. Imbalances between dominant and non-dominant sides can occur. Indicate two ways in which you can avoid this to happen.

1.

2.

7. Describe one example in which you saw that a beginner or intermediate player was undergoing through an adult training programme and comment which were the consequences.

1. The situation:

2. The consequences:

8. Give two examples from your experience on how a poor technique developed in an injury.

1.

2.

9. Prevention is crucial for avoiding injuries. Provide three examples on how you can help players prevent injuries in terms of correct use of equipment.

1.

2.

3.

10. Provide three examples on how you can help players prevent injuries in terms of correct use of facilities.

1.

2.

3.

11. Players should avoid starting to play without completing the warm-up. Write down three benefits of the warm-up

1. Physical:

2. Mental:

3. Technical:

12. Write down an example of an appropriate warm-up.

13. Indicate what you do during a training session when a player tells you that he has pain.

14. Provide three examples on how you can monitor the training load during a session with beginner and intermediate players.

1.

2.

3.

15. Indicate three physical conditioning drills that you would not ask a player to do if he may suffer from a stress fracture.

1.

2.

3.

16. Indicate three prevention strategies you would use with a player if he suffers from back pain.

1.

2.

3.

17. Indicate two tips you would give to an adult beginner player suffering from tennis elbow.

1.

2.

18. Justify the importance of restoring fluid loss and indicate two ways of monitoring the hydration status of beginner and intermediate players.

1. Restoring fluid loss is important because:

2. I can monitor the hydration status of players by:

a)

b)

19. Indicate two ways you can make your beginner and intermediate players drink plenty of fluid during training and competition.

1.

2.

20. What would you tell to the parents of your beginner and intermediate players to emphasise the importance of following healthy eating habits. Give three ideas.

1.

2.

3.

21. How would you recognise a player suffering from eating disorders?

1.

2.

3.

22. Check if the venue in which you work as a coach has a First Aid Kit and complete the following questions. If it does not have please ensure to get one.

1. Where is it?

2. Is it very accessible (easy to find)?

3. Write down three things that are included:

- a)
- b)
- c)

4. Do you know how to use it?

- a) If yes: Indicate one example:
- b) If no....please enrol in a First Aid course.

23. Check if the venue in which you work as a coach has an Emergency Plan and complete the following questions. If it does not have, please ensure to have one.

1. Please write down the emergency number:

2. Indicate what you would do if there is an emergency on-court:

3. Indicate what you would do if there is an emergency off-court:

24. 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.

25. 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.