



# ***TSA INSTRUCTOR COURSE SCHEDULE FOR CANDIDATES***

*Updated February 2017*





## TSA INSTRUCTOR COURSE SCHEDULE FOR CANDIDATES

### COURSE SCHEDULE SUMMARY

PHASE	DAY	COURT	LECTURE ROOM	TOTAL
PHASE 1: COURSE	1	6,5	1,5	8
	2	5,5	2,5	8
	3	7	0	7
	4	7	1	8
	5	3	3	6
	6	8	0	8
	7	OFF DAY	OFF DAY	0
	8	7	1	8
	9	3	5	8
	10	4	1	5
	11	7	0	7
	12	6	1	7
	<b>12 (INCL OFF DAY)</b>	<b>64</b>	<b>16</b>	<b>80</b>

#### Notes:

- Day 1 is devoted to Play Tennis. The ITF Play Tennis manual and STI manual are given to all participants for reference purposes.
- Coaching Beginner and Intermediate Players (Level 1) course: only the selected candidates can participate. This schedule is based on 24 candidates and 2 tutors per course.
- During the course, both on-court and in the lecture room, try to incorporate some sort of break every 2 hours (e.g. coffee break, lunch break or similar).
- The course schedule may vary due to on-site specific issues (weather, availability of guinea pigs, lecture room or court, etc). Please be flexible to ensure the maximum success of the course.
- However, the tutors should ensure that the course consists of the hours set in this schedule. It is advisable not to give more or less hours to avoid differences with the same course given in another place or at another time. Please DO follow the schedule as much as possible.
- Ideally if guinea pigs are available and in appropriate numbers, each candidate should get two practices at individual and group lessons with feedback from tutors, before taking the practical exam. The candidates should get at least one practice at individual and group lesson with feedback from tutors.
- Tutors should start organizing the guinea pigs with the local course coordinator from Day 1. The guinea pigs should be used from Day 7 as practice, especially day 11 and 12.
- Number of beginner/intermediate players (guinea pigs) per group lesson should be 3 to 5.
- Please make sure that you respect the breaks between sessions, half days and full day break in order to allow for the necessary rest and regeneration of the candidates.
- It is better to schedule the rest day after day 5 (preferably day 7).



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<b>Maps of Activities and tasks for the Coach of Beginner and Intermediate Tennis Players (ITN 6 - 10)</b>			
<b>Training</b>	<b>Plan and Organize</b>	<b>Conduct</b>	<b>Evaluate</b>
	Applied teaching methods are appropriate to the developmental age, stage of skill development and individual needs of beginner/intermediate players.	Demonstrate professional behaviour.	Review the activity effectiveness in relation to aims and objectives.
	Design and document a session plan.	Demonstrate effective leadership before, during and after the activity.	
	Analyze individual and group progress and select appropriate corrective strategies related to technical, tactical, psychological and motor elements.	Apply engaging communication and presentation skills suited to the learning needs of beginner-intermediate players.	
	Demonstrate understanding of the holistic approach in developing players.	Giving appropriate feedback.	
	<b>Explain and apply the key characteristics of the game based approach to beginner players</b>	Create and maintain a positive learning environment.	
	Develop an improvement program (series of sessions).	Demonstrate through drills the ability to develop a player in 5 game situations, zones and phases of play, according to tactical intentions and other factors that influence tactics.	
		Demonstrate knowledge and apply through drills the key aspects of strategy and tactics for doubles for beginner - intermediate players.	
	Identify and assess constraints and risks associated with delivering the activity.	Appropriate use of different types of feeding skills (hand, drop, basket, and rally).	
	Ensure players are ready to play (i.e. injury free, motivated and ready).	Demonstrate ability to set up the drill	
	Facilities and resources required for the lesson together with needed teaching aids and equipment are identified and ready.	Information is presented to meet the needs of beginner/intermediate players and suit the requirements of the skill to be developed.	
	Organise and effectively implement fundamental first-aid procedures.	Facilitate group dynamics to maintain engagement of all participants and ensure individual and group enjoyment.	
		Demonstrate a playing ability level of ITN 4 or 5.	
		Demonstrate an understanding of fundamental motor abilities as well as perceptual and movement skills to be developed (awareness of standards).	
		Demonstrate knowledge of the fundamental aspects of stroke production applied to each type of stroke.	
		Demonstrate understanding and apply through drills the factors which affect ball control when playing tennis (direction, height, depth, spin, speed)	
		Create situations to observe the skill or skills to be developed.	
		Facilitate skill development through employing appropriate progressions and regressions.	
		Provide correct demonstration of the key technical fundamentals of the basic strokes and drills for beginner-intermediate players	
		Understand and apply the appropriate exercises, drills and games to develop motor skills in beginner - intermediate players	



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		Demonstrate key knowledge and apply through drills development of motivation, concentration, emotional control and self control	
Competition	Plan and Organize	Conduct	Evaluate
	Coach identifies, agrees and designs the player's goal(s) for training and competitions with the player in order to meet the player's needs.	Be able to set up the red and orange courts for competition	Assesses the player's performance in competition
	Understand the role of competition in the Play and Stay campaign and its objective to get starter players to play (serve, rally and score) as soon as possible	Set up and run simple competition and competitive games	
	Know the different formats and scoring for beginner adults and children		
	Know about the ITN, the description of standards and ITN rating levels for beginner players		
	Prepare for a competition		
Management & Education	Plan and Organize	Conduct	Evaluate
	Establish a basic development/promotion plan for the tennis organisation.	Recognize and manage inappropriate behavior in a fair and equitable manner, in order to maintain an effective learning environment.	Explain and evaluate the own coaching performance by identifying strengths and weaknesses.
		Demonstrate understanding of the rules of tennis with special emphasis on rules when playing without the chair umpire.	Use a basic assessment tool to evaluate the programme.
		Educates parents about the rules and their role in player development.	
		Be able to explain the rules of tennis and different scoring methods	
		Introduce the rules of tennis to beginner players	

\* With Green color are marked the additional competencies covered during PT course



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### DAY 1 (8 hours)

**Lecture Room: 1.5 hours      On-court: 6.5 hours**

- Review the contents of the Play Tennis Course.
- Explain and discuss with participants the competencies which the ITF expects them to develop during the course (see Play Tennis Competencies sheet).
- Learn about Tennis...Play and Stay and understand the 3 different balls and court sizes.
- Learn how they can get starter players to play tennis quickly (serve, rally and score).
- Understand tennis is a tactical game which players of all levels can play.
- Learn the 3 singles situations (serve and return, groundstrokes, approach and pass).
- Know how to run both cooperative and competitive practices.
- Understand the importance of good communication skills in retaining, motivating and enthusing players in clubs.
- Display clear and quick organisation of practices for small groups.

SUBJECT	PRESENTATION	TIME	REFERENCES
Introduction to the Course (Lecture Room)	Introduction to course Tutor to cover the following aspects: Timetable, Course content, Expectations of the participants Course manual, participant schedule and ground rules (punctuality, professional appearance, animator, motivator etc).	30 minutes	1. Course manual 2. Participant schedule
Tennis...Play and Stay campaign (Lecture Room)	PowerPoint presentation on Play and Stay with practical advice on attracting and retaining players. Show FFT DVD to highlight the culture and stimulating environment within the club. Defining the role of the coach – not just techniques, but helping players to play the game better.	1 hour	1. Tutor ITF Tennis...Play and Stay campaign presentation 2. FFT DVD
Introduction to balls and courts (On-court)	Tutor to introduce the different balls and court sizes. By the end of this session all participants must understand that slower balls are available, why they are important for starter players and young higher level players and how the balls correspond to different court sizes.	1 hour	1. ITF Tennis...Play and Stay leaflet 2. Play Tennis Manual p. 18
Serve rally and score from the first lesson, using red, orange and green courts (On-court)	How to get players of all ages to serve, rally and score quickly. Introducing the basic game situations (serve and return, baseline rally and approach and pass).	1,5 hours	1. Play Tennis Manual pp. 45-50



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Introduction to basic tactics (red and orange courts)	Introducing the basic tactical options for each drill: <ul style="list-style-type: none"><li>• Consistency</li><li>• Moving the opponent</li><li>• Maintaining good court position</li></ul> And if time, the more advanced: <ul style="list-style-type: none"><li>• Using one's strengths</li><li>• Exploiting opponent weaknesses</li></ul> The tutor should demonstrate 3 practices shown in Section 5.3, covering serve and return, groundstrokes and approach and passing.	1 hour	1. Play Tennis Manual pp. 45-50
Organisation, differentiation and communication skills (On-court)	Highlighting the importance of being an animator (communication skills) and an organiser in helping players serve, rally and score. Tutor session showing how groups of 6, 7 and 8 players can be organized and rotated quickly and effectively so that all are playing safely and hitting lots of balls. Tutors show ways to differentiate the activity. By the end of this session, participants should be familiar with the term 'optimal challenge' and know how to create and maintain it.	45 minutes	1. Play Tennis Manual p. 41 Communication Checklist 2. Play Tennis Manual p12-16
Cooperative, cooperative/competitive and competitive practices (red, orange and green courts)	Tutor shows the cooperative and competitive practices from the Play Tennis Manual	1,5 hours	1. Play Tennis Manual pp. 45-50
Competition formats and planning. (On-court)	Tutors run through 4 different formats with participants as players	30 minutes	1. <a href="http://www.tennisplayandstay.com/competition">www.tennisplayandstay.com/competition</a>
Summary of the day (On-court)	Tutor-led summary of the day - What have we learnt?	15 minutes	



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### DAY 2 (8 hours)

**Lecture Room: 2.5 hours      On-court: 5.5 hours**

- To explain and discuss with candidates the competencies which the ITF expects them to develop during the Coaching Beginner and Intermediate Players course.
- To develop strategies to know yourself better as a coach.
- To develop further tactical understanding.
- To develop the skills to structure a game-based group lesson.

SUBJECT	PRESENTATION	TIME	REFERENCES
Introduction to the Course (Lecture Room)	Introduction to course Tutor to cover the following aspects: Timetable, Course content, Expectations of the participants Course manual, participant schedule and ground rules (punctuality, professional appearance, animator, motivator etc).	30' LR	1. Course manual 2. Participant schedule
Knowing yourself as a coach (Lecture Room)	To give the coaches an appreciation of: <ul style="list-style-type: none"> <li>• Coaching goals</li> <li>• Communication, motivation, leadership, knowledge</li> <li>• Abilities and disabilities</li> <li>• Coaching styles</li> <li>• Myths in coaching</li> <li>• Different jobs in coaching</li> </ul>	1 hour LR  1 hour	PP Knowing yourself as a coach  ITF Coaching Beginner and Intermediate Players Manual: Chapter 2: "Knowing yourself as a coach" Chapter 3: "Knowing your beginner and intermediate tennis players"  Workbooks: Knowing yourself as a coach
Development of young beginner and intermediate tennis players (Lecture Room)	<ul style="list-style-type: none"> <li>• To give the participants an understanding of the development stages for beginner and intermediate players.</li> <li>• What to do in each stage.</li> </ul>	1 hour	ITF Coaching Beginner and Intermediate Players Manual: Chapter 5: "Development of young beginner and intermediate tennis players"  Workbook: Player growth and development



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<p>Playing the game: Strategy and tactics for beginner and intermediate players (On-court)</p> <p><b>* Note:</b> Tutor should make an initial assessment of the group's playing standard during this session.</p>	<p>To give the coaches understanding of: - difference between strategy &amp; tactics</p> <p>To give the coaches an appreciation of:</p> <ul style="list-style-type: none"> <li>• Hit the ball deep / Preventing opponent's attack</li> <li>• Consistency versus risk taking / offensive game style</li> <li>• Dominating the opponent</li> </ul> <p>Understand how the elements (ball, court, racket, player growth...) influence evolution of the game in red, orange and green court</p> <p>Identify and develop tactical intentions in 5 game situations</p> <p>Developing 'active thinking' (offensive game style) in orange court by using</p> <ul style="list-style-type: none"> <li>&gt; top-spin /strong cross court shots</li> <li>&gt; hitting on the rise</li> <li>&gt; drive volleys</li> <li>&gt; smash after bounce from the base line</li> </ul> <p>Understanding the 'Green slump'</p> <p>What can be 'added' in Green court with green ball</p> <ul style="list-style-type: none"> <li>&gt; winning by accuracy is the main strategy for green court players</li> <li>&gt; using opponent's weaknesses by playing more often to the weaker side</li> <li>&gt; creates advantage after recognizing that the opponent is in trouble</li> </ul>	<p>1,5 hours</p>	<p>ITF Coaching Beginner and Intermediate Players Manual: Chapter 6: "Playing the game: Tactics and technique"</p> <p>Workbook: Strategy and tactics</p> <p>Note: To present tactics in orange court with orange balls</p> <p>To present tactics in green court with green balls</p>
<p>Development of decision making skills for beginner and intermediate players (on court)</p>	<p>Developing decision making skills according to the incoming ball qualities</p>	<p>2 hours</p>	<p>Note: To present tactics in orange court with orange balls</p> <p>Workbook: Strategy and tactics</p>
<p>Tactics (Court geometry for players 10&amp; Under) (on court)</p>	<ul style="list-style-type: none"> <li>• Principles of high percentage tennis:</li> <li>- Developing decision making according to the court geometry with players from 10 -13 years old</li> <li>- according to own position o the court</li> <li>- big vs small targets (margins for error)</li> <li>- 'no change of direction'</li> <li>- '90°Change of direction' (for down the line shots)</li> </ul>	<p>1 hour</p>	<p>Note: To present tactics in green court with green balls</p>





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### DAY 3 (7 hours)

**Lecture Room: 0 hours**

**On-court: 7 hours**

- To help candidates improve their feeding skills as appropriate to their students.
- To explain and demonstrate how new teaching methodology approaches help in the learning press.
- To help candidates improve their communication skills when coaching.
- To introduce candidates to the key components of an efficient group lesson.

SUBJECT	PRESENTATION	TIME	REFERENCES
Learning how to coach beginner and intermediate tennis players with feeding (On-court)	<p>Importance of feeding:</p> <ul style="list-style-type: none"> <li>• Five types of feeding;</li> <li>• Common problems with feeding;</li> <li>• Frequency of feeding;</li> <li>• Demonstration guidelines.</li> </ul> <p>* Note: This topic is introduced now so that the candidates can practice feeding and demonstrations during the next session (during the description of the basic strokes).</p>	1 hour	ITF Coaching Beginner and Intermediate Players Manual: Chapter 10: "Coaching beginner and intermediate tennis players to play tennis" Chapter 12: "Coaching adult beginner and intermediate players" Workbook: Feeding
Communication (on court)	<p>Giving Feed-back &gt; Order of feedback according importance</p> <ol style="list-style-type: none"> <li>1. Safety</li> <li>2. Attitude</li> <li>3. Performance</li> </ol> <p>Effective questioning</p>	1,5 hours + LCD	ITF Coaching Beginner and Intermediate Players Manual: Chapter 2: "Knowing yourself as a coach"  Workbook: Psychology (feed-back)
Teaching methodology (on court)	<ul style="list-style-type: none"> <li>• Modern teaching methodology</li> <li>• Teaching methods</li> <li>• Relate Coaching styles and teaching methods</li> </ul>	2 hours + LCD	ITF Coaching Beginner and Intermediate Players Manual: Chapter 10: "Coaching beginner and intermediate players to play tennis"
Elements of a Typical Group Lesson / Safety and Practice (On-court)	<p>Tutor to:</p> <ul style="list-style-type: none"> <li>• Show candidates how they can organise a group on-court in a safe way</li> </ul> <p>Candidates should be able to:</p> <ul style="list-style-type: none"> <li>• Understand how to conduct a group lesson</li> </ul>	2,5 hours	ITF Coaching Beginner and Intermediate Players Manual: Chapter 10: "Coaching beginner and intermediate players to play tennis" Chapter 12: "Coaching adult beginner and intermediate players" Workbook: Planning and organization



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### DAY 4 (8 hours)

**Lecture Room: 1 hour**

**On-court: 7 hours**

- To assess the level of play of the candidates.
- To develop understanding of how to analyse movement and other aspects of player performance.
- To develop further tactical understanding.
- To develop the skills to structure a game-based group lesson.

SUBJECT	PRESENTATION	TIME	REFERENCES
Level of play assessment (On-court)	<ul style="list-style-type: none"> <li>• To assess the level of play of the candidates.</li> </ul>	1 hour	ITF Coaching Beginner and Intermediate Players: Level of Play assessment sheet.  Workbook: Level of play test (ITN test)
Tutor Feedback on Level of Play Test (Lecture Room)	Tutor give feedback to Candidates on the Level of Play Test: <ul style="list-style-type: none"> <li>• Identify areas to improve</li> <li>• Hand out Action Plan</li> <li>• Set Goals</li> </ul>	1 hour	ITN On-court Assessment as guideline
Skill acquisition and expertise development in beginner and intermediate players (Lecture Room)	<ul style="list-style-type: none"> <li>• To give participants an understanding of the skills and abilities of beginner and intermediate players</li> <li>• Motor learning ('how kids learn')</li> <li>• Types of drills related to:               <ul style="list-style-type: none"> <li>&gt; 'Time' (work vs rest)</li> <li>&gt; Number of skills involved</li> <li>&gt; Amount of variety in practiced skill</li> </ul> </li> <li>• Learning through exploiting / 'feeling' differences (Diff. learn.)</li> </ul>	1 hour	ITF Coaching Beginner and Intermediate Players Manual: Chapter 4: "Skill acquisition and expertise development in beginner and intermediate players"



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Biomechanics and movement (On-court)	<ul style="list-style-type: none"><li>• To give candidates an understanding what drives effective technique</li><li>• To give candidates an understanding of how to use basic biomechanical and movement concepts to diagnose and correct incorrect technique before they start working in a lesson situation.</li><li>• Review of phases of stroke and key elements of the strokes covered in PT course</li></ul>	2 hours	ITF Coaching Beginner and Intermediate Players Manual: Chapter 7: "Biomechanics and movement"  Workbook: Biomechanics
Practices for Beginner players in a group lesson (On-court)	<ul style="list-style-type: none"><li>• To give the candidates an appreciation of drill progressions for different game situations.</li><li>• Understand the 'open-close-open' concept</li><li>• Understand and practice progressions in 'opening the drill'</li><li>• Development of player's decision making skills</li><li>• Why and how they should be used and how they can be adapted to different situations (players' skill levels, numbers, court size, etc.).</li><li>• They will need 2 - 3 drills/practices for each stroke to use in group lessons with children.</li></ul>	3 hours  Use beginner players	ITF Coaching Beginner and Intermediate Players Manual: Chapter 10: "Coaching beginner and intermediate players to play tennis" Chapter 12: "Coaching adult beginner and intermediate players"  Workbook: Planning and organization and Medicine and first aid



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### DAY 5 (6 hours)

**Lecture Room: 3 hours**

**On-court: 3 hours**

- Assist coaches in understanding training and competition goals
- Help coaches in the analysis and improvement of tactics and technique

SUBJECT	PRESENTATION	TIME	REFERENCES
Defining competition and training goals (Game based planning) (Lecture room)	<ul style="list-style-type: none"> <li>• To give candidates understanding of the 'ultimate' goal which is to develop player's game.</li> <li>• To present the key levels of game development for beginner and intermediate players.</li> <li>• To link the game development with tactical, technical, mental and conditioning elements.</li> </ul>	2 hours	ITF Coaching Beginner and Intermediate Players Manual: TSA Hand-outs
Analysis and Improvement of Tactics & Technique (On-court)	<ul style="list-style-type: none"> <li>• To give candidates an understanding of how to analyse and improve incorrect technique before they start working in a lesson situation.</li> </ul>	2 hours  1 hour	ITF Coaching Beginner and Intermediate Players Manual: Chapter 11: Analysis and improvement of the beginner player's game"  Workbook: Analysis and improvement
Competition for beginner and intermediate tennis players (Lecture Room)	<ul style="list-style-type: none"> <li>• To give the participants an understanding of the importance of competition for beginner and intermediate players.</li> <li>• Performance vs. Outcome.</li> <li>• How to implement a rating in a club.</li> <li>• ITN.</li> </ul>	1 hour	ITF Coaching Beginner and Intermediate Players Manual: Chapter 14: "Competition for beginner and intermediate players" ITN Description of Standard ITN On Court Assessment booklet



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### DAY 6 (8 hours)

**Lecture Room: 0 hours**

**On-court: 8 hours**

- To develop the skills on how to structure a game-based individual lesson.
- To develop a basic understanding of biomechanics in tennis.
- To develop understanding of the relationship between tactics and different strokes in tennis.

SUBJECT	PRESENTATION	TIME	REFERENCES
Playing the Game: Technique (On-court)	<p>To help candidates understand how they can work on the elements of the:</p> <ul style="list-style-type: none"> <li>• Forehand and Backhand</li> </ul> <p>Using elements:</p> <ol style="list-style-type: none"> <li>1. Grip</li> <li>2. Stance</li> <li>3. Backswing</li> <li>4. Forward swing and contact</li> <li>5. Follow through</li> </ol> <p>in a tactical structure of the practice.</p>	2 hours	<p>ITF Coaching Beginner and Intermediate Players Manual: Chapter 6: "Playing the game: Tactics and technique"</p> <p>Workbook: Biomechanics</p>
Playing the Game: Technique (On-court)	<ul style="list-style-type: none"> <li>• To help candidates understand how they can work on the elements of the:</li> <li>• Serve and return by using elements:</li> </ul> <ol style="list-style-type: none"> <li>1. Grip</li> <li>2. Stance</li> <li>3. Backswing</li> <li>4. Forward swing and contact</li> <li>5. Follow through</li> </ol> <p>in a tactical structure of the practice.</p>	1 hour	<p>ITF Coaching Beginner and Intermediate Players Manual: Chapter 6: "Playing the game: Tactics and technique"</p> <p>Workbook: Biomechanics</p>
Playing the Game: Technique (On-court)	<ul style="list-style-type: none"> <li>• To help candidates understand how they can work on the elements of the:</li> <li>• Volleys and smash by using elements:</li> </ul> <ol style="list-style-type: none"> <li>1. Grip</li> <li>2. Stance</li> <li>3. Backswing</li> <li>4. Forward swing and contact</li> <li>5. Follow through</li> </ol> <p>in a tactical structure of the practice.</p>	1 hour	<p>ITF Coaching Beginner and Intermediate Players Manual: Chapter 6: "Playing the game: Tactics and technique"</p> <p>Workbook: Biomechanics</p>
Practices for Beginner Players for individual lesson (On-court)	<ul style="list-style-type: none"> <li>• To show candidates how they might conduct an individual lesson using the biomechanical concepts above.</li> <li>• Highlight the importance of ANALYSIS AND IMPROVEMENT.</li> </ul> <p>Structure:</p> <ol style="list-style-type: none"> <li>1. Meeting and introduction</li> <li>2. Warm up and evaluation</li> <li>3. Game situation: Need for the skill</li> <li>4. Practice of the skill with drill progressions</li> </ol>	2 hours	<p>ITF Coaching Beginner and Intermediate Players Manual: Chapter 10: "Coaching beginner and intermediate players to play tennis"</p> <p>Chapter 12: "Coaching adult beginner and intermediate players"</p>



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	5. Competitive Game 6. Cool down		
The doubles game in a group lesson (On-court)	<ul style="list-style-type: none"><li>• Show the main tactical and mental characteristics of doubles for beginner and intermediate players.</li><li>• Show the basic doubles patterns: set the situations and show drills to enhance doubles effectiveness of beginner players.</li></ul>	2 hours	ITF Coaching Beginner and Intermediate Players Manual: Chapter 13: "Doubles for beginner and intermediate players"  Workbook: Strategy and tactics

Note:

- Hand out an example of the written exam to the candidates and explain the characteristics of the written test (30 multiple choice questions in 45 minutes).
- Ask candidates to fill in the exam at home. Tutor will provide the answers later.
- Hand out individual assessment sheets and group assessment sheets to candidates so they can get a feel on the assessment criteria used by the tutors for the practical exam.
- Also hand out a lesson plan template that the candidates will have to complete for their practical exam.



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### DAY 7: Recommended Day Off

### DAY 8 (8 hours)

#### Lecture room: 1 hour On-court: 7 hours

- To develop an understanding of basic sports medicine in tennis.
- To further develop coaching skills which allow players to progress from a simple teaching point.
- To develop technical and tactical analysis skills.
- To develop further understanding of the relationship between tactics and different strokes in tennis.

SUBJECT	PRESENTATION	TIME	REFERENCES
Sports Medicine, growth and development and first aid for tennis (Lecture Room)	<ul style="list-style-type: none"> <li>• Explain the basic first aid principles for tennis, injury prevention and treatment, growth and development and first aid.</li> </ul>	1 hour	ITF Coaching Beginner and Intermediate Players Manual: Chapter 18: Issues in Sports Medicine and First Aid when coaching beginner and intermediate players"  Workbook: Medicine and first aid
Teaching progression of an individual and group lesson for Beginners (On-court)	<ul style="list-style-type: none"> <li>• Adapting drills according to the player's level and pace of learning</li> <li>• Differentiation</li> </ul>	1 hours	ITF Coaching Beginner and Intermediate Players Manual: Chapter 10: "Coaching beginner and intermediate players to play tennis" Chapter 12: "Coaching adult beginner and intermediate players"  Workbook: Analysis and improvement
Practices for Beginner Players: Analysis and Improvement in Individual Lessons (On-court)	<ul style="list-style-type: none"> <li>• To give the candidates some simple analysis and improvement procedure and tips. (This could be covered during Progressions).</li> </ul>	2 hours Use Beginner Players	ITF Coaching Beginner and Intermediate Players Manual: Chapter 10: "Coaching beginner and intermediate players to play tennis" Chapter 12: "Coaching adult beginner and intermediate players"
Practices for Beginner players in a group lesson (On-court)	<ul style="list-style-type: none"> <li>• To give the candidates an appreciation of drill progressions for different game situations.</li> <li>• Understand the 'open-close-open' concept</li> <li>• Understand and practice progressions in 'opening the drill'</li> <li>• Development of player's decision making skills</li> <li>• Why and how they should be used and how they can be adapted to different</li> </ul>	3 hours Use Beginner Players	ITF Coaching Beginner and Intermediate Players Manual: Chapter 10: "Coaching beginner and intermediate players to play tennis" Chapter 12: "Coaching adult beginner and intermediate players"  Workbook: Planning and organization and Medicine and first aid



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	<p>situations (players' skill levels, numbers, court size, etc.).</p> <ul style="list-style-type: none"><li>• They will need 2 - 3 drills/practices for each stroke to use in group lessons with children.</li></ul>		
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### DAY 9 (8 hours)

**Lecture room: 5 hours      On-court: 3 hours**

- To develop greater understanding of physical conditioning for beginners theoretically and practically.
- To further develop coaching skills within a game based lesson structure.
- To gain a simple understanding of basic psychology in tennis from a theoretical and practical perspective.

SUBJECT	PRESENTATION	TIME	REFERENCES
Physical conditioning for beginner tennis (Lecture room)	<ul style="list-style-type: none"> <li>• Show the main characteristics of physical conditioning for beginner and intermediate tennis players.</li> <li>• Physical characteristics, demands and skills of beginner and intermediate tennis players.</li> </ul>	1,5 hours	ITF Coaching Beginner and Intermediate Players Manual: Chapter 8: "Physical conditioning for beginner tennis"  Workbook: Physical conditioning To add in the workbook shortened text from 'Tennis Conditioning' related to Coordination skills
Physical conditioning for beginner tennis (On-court)	<ul style="list-style-type: none"> <li>• Show exercises, drills and games involving physical conditioning goals for beginner and intermediate tennis players (speed and agility, flexibility, aerobic and anaerobic).</li> </ul>	1 hour	ITF Coaching Beginner and Intermediate Players Manual: Chapter 8: "Physical conditioning for beginner tennis"
	<ul style="list-style-type: none"> <li>• Show coordination drills (DTB concept – Balance, Rhythm, Differentiation, Adaptation, Orientation)</li> </ul>	30'	
Psychology for beginner and intermediate tennis players (Lecture Room)	<ul style="list-style-type: none"> <li>• To give the participants an understanding of the importance and the elements of psychology at beginner tennis level.</li> </ul>	1 hour	ITF Coaching Beginner and Intermediate Players Manual: Chapter 9: "Psychology for beginner and intermediate tennis players"  Workbook: Psychology
Dealing with parents (Lecture Room)	<ul style="list-style-type: none"> <li>• To give participants an understanding of how to deal with parents</li> </ul>	1 hour	ITF Coaching Beginner and Intermediate Players Manual: Chapter 9: "Psychology for beginner and intermediate tennis players"  Workbooks: Psychology Competition



## TSA INSTRUCTOR COURSE SCHEDULE FOR CANDIDATES

Psychology for beginner and intermediate tennis players (On-court)	<ul style="list-style-type: none"><li>To give the participants an understanding of the importance and the elements of psychology at beginner tennis level on court.</li></ul>	1,5 hours	ITF Coaching Beginner and Intermediate Players Manual: Chapter 9: "Psychology for beginner and intermediate tennis players" Workbooks: Psychology Competition
The Rules of Tennis and how to organise a tournament (Lecture Room)	<ul style="list-style-type: none"><li>To highlight the most difficult rules and the new ones.</li><li>To show different competition formats.</li></ul>	1 hour	ITF video on Rules of Tennis Overheads
Coaching beginner and intermediate players with disability (Lecture Room)	To show the candidates how different forms of disability tennis is played and how to teach beginner and intermediate players with disability using the correct techniques, movements, etc.	30 minutes	ITF Coaching Beginner and Intermediate Players Manual: Chapter 17: "Coaching beginner and intermediate players with disability"



## TSA INSTRUCTOR COURSE SCHEDULE FOR CANDIDATES

### DAY 10 (5 hours)

**Lecture room: 1 hours      On-court: 4 hours**

- To outline the motor learning aspects of coaching beginner and intermediate players.
- To outline the important concepts a beginner and intermediate coach should know in terms of development.
- To develop the different formations of a group lesson.
- To develop on how to progress a lesson.
- To reinforce and develop information given earlier in the course.

SUBJECT	PRESENTATION	TIME	REFERENCES
Introduction to Assessment Procedures (Lecture Room)	Tutor cover the different Assessment that will take place: <ul style="list-style-type: none"><li>• Written Test</li><li>• Level of Play Assessment</li><li>• Group Lesson Test: Video within 3 months</li><li>• Individual Lesson Test: Video within 3 months</li></ul>	1 hour	All Course Material Session Planners Mock Test
Practices for Beginner Players for individual lesson (On-court)	Mock Assessments	2 hours	ITF Coaching Beginner and Intermediate Players Manual: Chapter 10: "Coaching beginner and intermediate players to play tennis" Chapter 12: "Coaching adult beginner and intermediate players"
Practices for Beginner players in a group lesson (On-court)	Mock Assessments	2 hours Use Beginner Players	ITF Coaching Beginner and Intermediate Players Manual: Chapter 10: "Coaching beginner and intermediate players to play tennis" Chapter 12: "Coaching adult beginner and intermediate players"  Workbook: Planning and organization



## TSA INSTRUCTOR COURSE SCHEDULE FOR CANDIDATES

### DAY 11 (7 hours)

Lecture room: 0 hours      On-court: 7 hours

Course objectives for the day:

- To develop coaching skills within a game based lesson structure.
- To further develop understanding of the key issues relating to competition for beginner and intermediate players.
- To develop a basic understanding of the rules of tennis.
- To develop how to coach beginner and intermediate players with disability

SUBJECT	PRESENTATION	Notes:	TIME	REFERENCES
Individual teaching practice/ Mock Assessment (1 <sup>st</sup> try) (On-court)	Candidates practice private lessons with the children: <ul style="list-style-type: none"><li>• Tutor feedback</li></ul>		3,5 hours	ITF Coaching Beginner and Intermediate Players Manual: Chapter 10: "Coaching beginner and intermediate players to play tennis" Ideally with children or adult beginners
Group Teaching Practice/ Mock Assessment (1 <sup>st</sup> try) (On-court)	To ensure coaches can implement drills and group exercises with a group: <ul style="list-style-type: none"><li>• Tutor Feedback</li></ul> Children should be active.  Coaches practice group lessons with the children.		3,5 hours	ITF Coaching Beginner and Intermediate Players Manual: Chapter 10: "Coaching beginner and intermediate players to play tennis" Chapter 12: "Coaching adult beginner and intermediate players" Ideally with children



## TSA INSTRUCTOR COURSE SCHEDULE FOR CANDIDATES

### DAY 12 (7 hours)

Lecture room: 1 hour

On-court: 6 hours

Course objectives for the day to:

- pass the written test
- pass the individual and group lesson assessments
- pass the level of play assessment
- conclude the course.

SUBJECT	PRESENTATION	TIME	REFERENCES
Written test (Lecture Room)	To test the overall theoretical knowledge of the candidates.	1 hour	<ul style="list-style-type: none"><li>• Written exam</li><li>• Assessment procedures</li></ul>
Individual lesson Mock Assessment (On-court)	To test the skills of the candidates in the individual lesson.	2 hours	<ul style="list-style-type: none"><li>• 5 - 6 courts</li><li>• 12 children, 11 – 14 years old (beginners)</li></ul>
Group lesson Mock Assessment (On-court)	To test the skills of the candidates in the group lesson.	3 hours	<ul style="list-style-type: none"><li>• 5 - 6 courts</li><li>• 24 - 36 children 11 – 14 yrs old (beginners)</li><li>• 4 - 6 children per court</li></ul>
Level of Play Assessment (On-court)	To test the playing ability of the candidates.	1 hour	

(\* It may be good to organise a party (meal, dinner) together with the closing ceremony