



International Tennis Federation

# **Coaches Education Programme**

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

## **Candidate Workbook**

**Doubles for tournament players**

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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 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
Unit 1	<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
Unit 2	<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
Unit 3	<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
Unit 4	<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

<b>ACTIVITY</b>	<b>10</b>
<b>Title</b>	Doubles for tournament players
<b>Unit</b>	1. Coaching advanced players
<b>Sub-units</b>	1.2 Training theory – Sport science – Tactics-Doubles 1.3 Training practice – Individual & Group – Tactics-Doubles
<b>Resources</b>	ITF Manual Coaching advanced players – Chapter 10
<b>Content title</b>	Doubles
<b>Competencies</b>	<p><b>Demonstrate basic tactical / strategical knowledge and application of relevant tennis contents to the session:</b></p> <ul style="list-style-type: none"> <li>• <b>Knowledge:</b> Demonstrate basic knowledge of the fundamental aspects of strategy and tactics for advanced players.</li> <li>• <b>Drills:</b> Outline and apply through drills the basic tactical fundamentals for advanced players.</li> <li>• <b>Game situations:</b> 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.</li> <li>• <b>Zones of play:</b> Outline and apply through drills the basic zones of play for advanced players.</li> <li>• <b>Phases of play:</b> Outline and apply through drills the phases of play (attacking, neutral, defending) in the game situations and their strokes).</li> <li>• <b>Tactical intentions:</b> 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.</li> <li>• <b>Other factors that influence tactics:</b> 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.</li> <li>• <b>Tactical patterns:</b> Understand, help players develop and apply through drills the basic tactical patterns of play at advanced level.</li> <li>• <b>Different surfaces:</b> Emphasise practice and tactical work on different surfaces.</li> <li>• <b>Singles and doubles:</b> Outline and apply through drills the strategies and tactics for singles and doubles play in both singles and/or doubles training sessions.</li> <li>• <b>Demonstrations and explanations:</b> Demonstrate and explain the tactical fundamentals of the basic game situations for advanced players.</li> <li>• <b>Progressions:</b> Apply basic tactical progressions/ regressions for advanced players.</li> <li>• <b>Analysis and improvement:</b> Analyse and improve the basic tennis strategies and game styles using a variety of methods in the different game situations.</li> </ul>
<b>Time allocated</b>	120 minutes
<b>Materials needed</b>	Pen and paper

1. Explain the significance of doubles training in your program working with advanced players. Strengths/weaknesses etc.

2. What are the benefits of playing doubles?

3. What game styles of players make a good doubles team combination? Justify your answer.

**4. List the possible strategies for both male and female doubles team when serving.**

**5. List the possible strategies for male and female doubles team when receiving.**

**6. What are the most important aspects of communication between players. In your opinion give example of effective and ineffective communication.**

7. Give an example of a routine a doubles team of your advanced players can follow between the points that would be effective.

8. Give as many possible patterns of play as possible for the following tactics.

Serving team options to counter aggressive cross court returns

Serving team options when playing against two players returning on the baseline

How to play against or counter the I formation.

[Empty rectangular box for notes]

Why and when to intercept the return of serve

[Empty rectangular box for notes]

Why and how to poach per reaction and anticipation

[Empty rectangular box for notes]