



## GUIDELINES FOR INDIVIDUAL / GROUP LESSON ASSESSMENTS: TSA LEVELS 2 & 3 COACHES COURSES

### 1. GROUP LESSON

#### **General characteristics**

- 20 minutes lesson
- 4 players
- 1 full tennis court
- Tactical goal given 20 minutes in advance
- Tactical goals for the group lessons can include the following: baseline game; mid court game; net game; approach shot; serve and volley; passing-shot; doubles serving team; doubles receiving team, game styles (net rusher, aggressive baseliner, counter puncher, all round player, etc.).
- Group lesson: more focus on communication, group organization, drill differentiation, fun, etc.

#### **General Structure**

- 1 min introduction;
- Tell the goal
- 15-20 min main part (1 tactical goal for group lesson); at least 3 progressive drills (from closed to open, i.e. from technique to tactics) should be introduced;
  - 1<sup>st</sup> drill: Basket drill: Explain and demonstrate the drill. Targets, no more than 4 players in one side of the court, keep score, rotation.
  - 2<sup>nd</sup> drill: Coach rallies with the players: Explain the drill. Targets, no more than 4 players in one side of the court, keep score, rotation.
  - 3<sup>rd</sup> drill: Players rally/play points: Explain and demonstrate the drill. Keep score, play points, match play situation.
- 1 minute wrap up.

### 2. INDIVIDUAL LESSON

#### **General characteristics**

- 20 minutes lesson
- 1 player
- Half tennis court
- Technical goal given 20 minutes in advance
- Technical goals for the individual lessons can include the following: forehand (topspin, inside out); backhand (topspin, slice); serve (flat, slice, topspin); volley; smash; lob; drop-shot, passing shot, return, etc.
- Individual lesson: more focus on technical correction, optimal challenge.

#### **General Structure**

- 1 min introduction;
- Tell the goal
- Assess the player: decide which aspect you are going to work on.
- 15-20 min main part (1 technical goal for individual lesson); at least 3 progressive drills (from closed to open, i.e. from technique to tactics) should be introduced;
  - 1<sup>st</sup> drill: Basket drill: Explain and demonstrate the drill. Targets, keep score.
  - 2<sup>nd</sup> drill: Coach rallies with the player: Explain the drill. Targets.
  - 3<sup>rd</sup> drill: Coach plays points with the player: Explain the drill. Keep score, play points, match play situation.
- 1 minute wrap up.