



International Tennis Federation

Coaches Education Programme

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

Candidate Workbook

**Advanced stroke techniques:
Coaching**

Copyright © ITF Coaching 2008



All rights reserved. The reproduction or utilisation of this work in any form or by electronic, mechanical, or other means not known or hereafter invented, including photocopying, xerography, and recording, or in any information storage and retrieval system, is forbidden without written consent and permission of ITF. This permission should be sought by contacting ITF Coaching.

Written by Miguel Crespo
ITF Coaching
Bank Lane Roehampton
London SW15 5XZ
coaching@itftennis.com
www.itftennis.com/coaching
Tel./Fax. 34 96 34 61 90

Disclaimer

Whilst care has been taken in the preparation of this workbook the ITF and the contributing authors do not accept any responsibility for any loss, damage or injury caused directly or indirectly by, through, or in connection with, any drill, skill, action, instruction or suggestion depicted in this workbook. Coaches, players and others undertake any drill, skill or action at their own risk.

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
<i>Unit 1</i>	<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
<i>Unit 2</i>	<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
<i>Unit 3</i>	<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
<i>Unit 4</i>	<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

ACTIVITY	8
Title	Advanced stroke techniques: Coaching
Unit	1. Coaching advanced players
Sub-units	1.2 Training theory – sport science – Advanced stroke techniques 1.3 Training practice- individual & group – Advanced stroke techniques
Resources	ITF Manual Coaching advanced players – Chapter 5
Content title	Advanced stroke techniques: Coaching
Competencies	<p>Demonstrate basic technical / stroke production knowledge and application of relevant tennis contents to the session:</p> <ul style="list-style-type: none"> • Knowledge: Demonstrate basic knowledge of the fundamental aspects of stroke production for advanced players. • Grips: Outline and apply through drills the major grips used in tennis (types, recommendations) and the relationship between grip and advanced stroke technique in all major tennis strokes (range of acceptability). • Phases: Demonstrate and explain the basics of the different phases (preparation/stance [closed, square, open], swing, impact [height, distance, location], follow through / recovery) of the basic strokes for advanced players. • Swing patterns: Describe and apply through drills the basic role of the swing pattern (trajectory, speed, distance, balance, and number of body segments-kinetic chain) in stroke production of advanced players. • Footwork: Describe and apply through drills the basics of the different stances and movements (i.e. to the ball, recovery, etc.) in stroke production for advanced players. • Ball control: Identify and apply through drills the basics of the important factors which affect ball control when playing tennis (direction, height, depth, spin, speed) and describe the different types of ball spins (top spin, slice, flat) and outline the tactical implications of each type of ball spin for advanced players. • Demonstrations and explanations: Demonstrate and explain the basics of the technical fundamentals of the strokes for advanced players. • Progressions: Apply basic technical progressions / regressions for advanced players. • Analysis and improvement: Analyse and improve the basic tennis strokes using a variety of methods / strategies based on an appropriate range of acceptability • Biomechanics: Understand, describe and apply the basic fundamentals of Biomechanics for advanced stroke and movement production (generation of power and control, role of balance, using elastic energy, inertia, momentum, opposite forces, etc.). <p>Demonstrate and effectively use in a basic manner the tennis strokes for teaching advanced players (the recommended level of play of the coach should be minimum ITN 4-6):</p> <ul style="list-style-type: none"> • Serve and return: Has an aggressive serve and commits few double-faults. Power and spin can be used effectively to set up offensive situations, especially on first serves. Second serves are typically well placed and deep. Placement of both first and second serve is evident. Often hits aggressive return of serve. Can take pace off with moderate success in doubles. Can chip and drive and chip and charge with success. • Groundstrokes: Very consistent (dependable) forehand. Uses speed and spin effectively. Controls depth well, but tends to over-hit when rushed or when pressing. Offensive on moderate shots. Backhand can control direction and depth but may break down under pressure. Has a reasonable slice. • Approaching and playing at the net: Approach shots hit with good depth and control. Can handle a mixed sequence of volleys. Has depth and directional control on backhand volley. Can consistently hit volleys and overheads to end the point. Developing touch and good footwork, however the most common error is still over-hitting. • Other strokes: Able to lob defensively and offensively. Able to pass the net player with a reasonable amount of effectiveness. <p>120 minutes</p>
Time allocated	
Materials needed	Pen and paper

1. What are the strengths and weaknesses of the forehand when using the following grips

a) Strengths Eastern grip

b) Weaknesses Eastern grip

c) Strengths Semi-Western grip

d) Weaknesses Semi-Western grip

e) Strengths Western grip

f) Weaknesses Western grip

g) Strengths the two-handed grip

h) Weaknesses the two handed grip

2. What are the strengths and weaknesses of the backhand when using the following grips?

a) Strengths One handed Eastern grip

b) Weaknesses One handed Eastern grip

c) Strengths One handed Extreme Eastern grip

d) Weaknesses One handed Extreme Eastern grip

e) Strengths One handed Continental

f) Weaknesses One handed Continental

g) Strengths double handed, two eastern forehand grips (left hand dominant)

h) Weaknesses double handed, two eastern forehand grips (left hand dominant)

i) Strengths double handed, conventional backhand grip for dominant hand and eastern forehand for the other hand (right hand dominant)

j) Weaknesses double handed, conventional backhand grip for dominant hand and eastern forehand for the other hand (right hand dominant)

3. What are the strengths and weaknesses of the serve and smash under the following grips?

a) Strengths Eastern forehand grip


b) Weakness Eastern forehand grip

c) Strengths continental grip

d) Weakness continental grip

4. Compare and contrast the follow strokes from a technical point of view of the forehand and backhand under the following tactical objectives: ground stroke, passing shot, approach shot, return, half volley, high volley, low volley, drop shot, and lob.

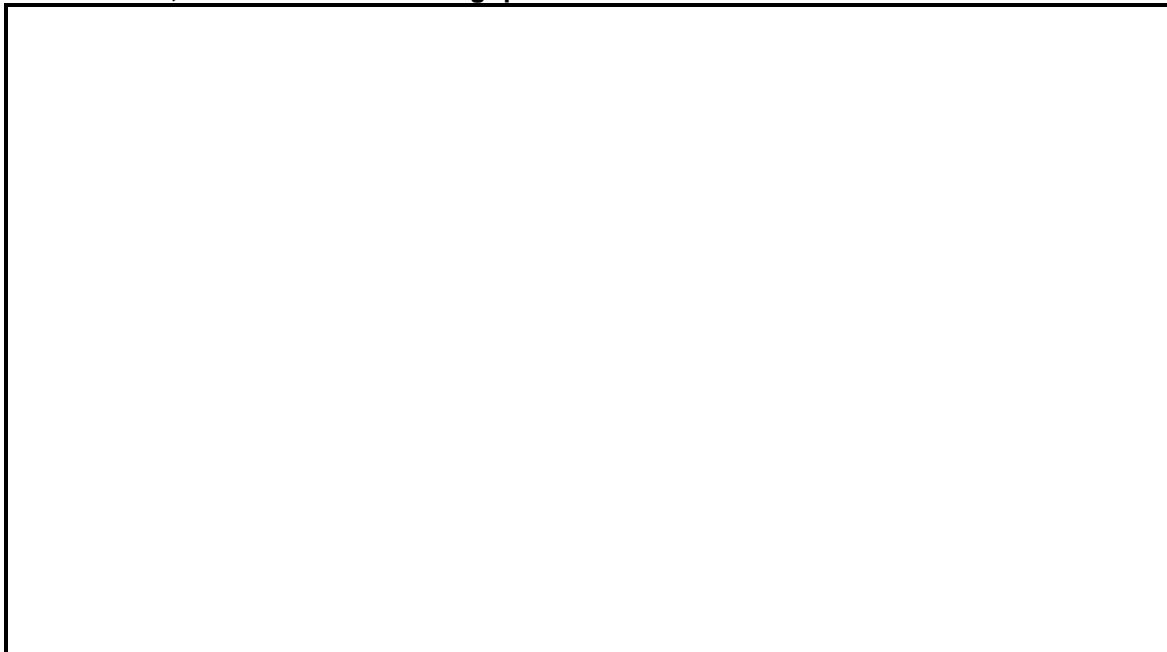
Forehand

A large, empty rectangular box with a black border, intended for the student to write their comparison and contrast of forehand strokes.

Backhand

A large, empty rectangular box with a black border, intended for the student to write their comparison and contrast of backhand strokes.

5. Breakdown the components of the forehand stroke and compare and contrast the ranges of acceptance from a technical point of view when using the eastern, semi-western, and western forehand grips.

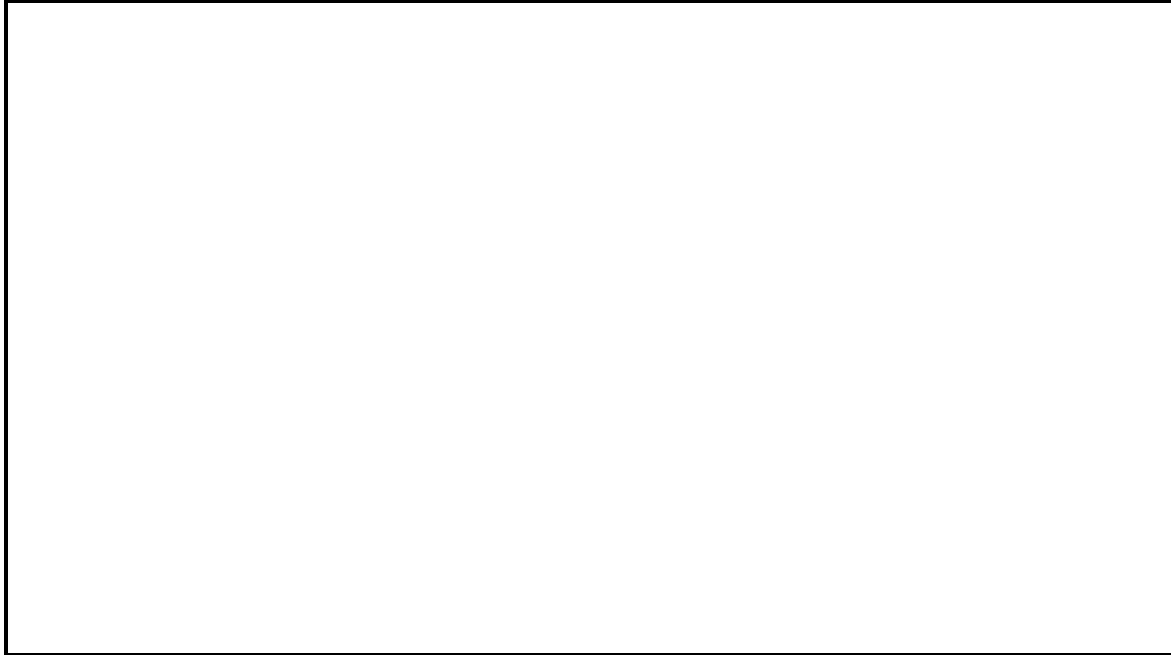
A large, empty rectangular box with a black border, intended for the student to write their breakdown of the forehand stroke components and compare different grips.

6. **Breakdown the components of the backhand stroke and compare and contrast the ranges of acceptance from a technical point of view when using the single handed, eastern, extreme eastern backhand grips and the two double handed grips (left and right hand dominant).**

7. **Breakdown the components of the serve and compare and contrast the ranges of acceptance from a technical point of view when using the eastern backhand, continental, and eastern forehand grips**

8. **Breakdown the components of the forehand and backhand volley and compare and contrast the different techniques and the ranges of acceptance.**

9. Breakdown the components of the smash and compare and contrast the different techniques and ranges of acceptance with the smash, jump smash, and bounce smash.

A large, empty rectangular box with a black border, intended for the candidate to write their answer to question 9.