



TSA LEVEL 2 & 3 COACHES COURSES: GENERAL CHARACTERISTICS

This document outlines the general characteristics of the TSA Level 2 & 3 Coaches Courses (Equivalent to ITF Level 2/Advanced Coaches Course)

General Format

- This is a 12-day course (10-day course and 2-day assessment). Candidates are also continually assessed by the ITF Tutors throughout the course.
- At the end of the course each participant will be assessed (including a written exam) to decide if they have reached the TSA Level 2 and or TSA Level 3 standard. All coaches reaching the required standard will qualify as TSA Level 2 Advanced Instructor or TSA Level 3 Professional Coach as recognised by TSA.

Facilities and Equipment Needed

- Seminar: A lecture room for 12 people, with tables and chairs.
- Courts: 2- 3 tennis courts.
- Equipment: 4 baskets each containing 40 tennis balls, 12 cones, flip-chart on and off court, computer / laptop or DVD player, LCD projector for power point presentations (if possible), TV or big screen, access to photocopier.
- Guinea pigs: 16-20 good junior players for practices and exams

Course Characteristics

- Goal: Directed to those interested in teaching tennis to intermediate and advanced players involved in competition.
- Participants: Tennis coaches with a sufficient playing standard. Candidates need a minimum level of play (ability to rally / demonstrate advanced strokes / feed ball to student) and that there will be a tennis ability / demonstration test.
- Other prerequisites: It is important that participants have successfully passed the TSA Level 1 National Instructors Course or equivalent.
- Attendance: It is vital that participants are able to attend the whole course. Any participant missing more than one day of the course, will have to retake the whole course at another time.
- Number of candidates: Maximum is 12 per Tutor. Some coaches can attend the course as observers (please contact the TSA for permission).
- Assessment of candidates: The candidates will be assessed in the following areas:
 - Tennis ability / demonstration
 - Individual lesson
 - Group lesson
 - Personal attributes
 - Written exam
- Candidate grading system:
 - 5 = excellent
 - 4 = good

- 3 = adequate
 - 2 = below the necessary standard for the course
 - 1 = poor, well below the necessary standard for the course
- Candidates, who fail just one of the assessments (tennis ability, individual lesson coaching test, group lesson coaching test, demonstration test or written exams), may repeat this assessment several months later. They do not have to repeat the whole course.
 - Candidates, who fail more than one of the assessments, have to retake the whole course at a later date.
- Results: The tutor should not inform the participants of their results on site. The tutor should send the results to the TSA Coaching Department office as soon as possible (no later than 2 weeks after the course). Once processed by the TSA Coaching Department, the results and candidate feedback sheets will be sent by email to the National Association who should in turn, inform the candidates of their results.
 - Certificates: The ITF's role in assisting nations with coach education is to approve the syllabi (course materials and tutor contact hours / teaching load) and to train and nominate tutors to conduct the course when requested. The certification obtained at the end of the course is a national certification recognised by TSA.

It is therefore the responsibility of TSA to produce a certificate for those candidates who pass coaches courses that are conducted according to the ITF recommended syllabi.

Course Materials

Documents that the National Association / participants can download from

<http://www.tennisa.co.za/coaches/courses/coaching-course-structure-and-documents>

1. Level 2 - Candidate General Characteristics of Course (07)
2. Level 2 - Syllabus (07)
3. Level 2 - Coach Profile (07)
4. Level 2 - Candidate Course Schedule (07)
5. Level 2 - Candidate Pre-course Questionnaire (07)
6. Level 2 - Candidate Post-course Questionnaire (07)
7. Level 2 - CV form (07)
8. Level 2 - Player Profile (07)
9. Level 2 - Guidelines for indiv & group lessons (07).doc
10. Level 2 - Examples of Group Lessons (07)
11. Level 2 - Technical Corrections (07)

PowerPoints: 31 sets covering the following

topics:

1. Coach
2. Fitness
3. Medicine
4. Psychology

5. Tactics
6. Technique
7. Training

These documents can be downloaded from:

<http://www.tennis.co.za/coaches/courses/coaching-course-structure-and-documents>

* The Course Tutor will also show them during the course.

Books and materials send by the ITF to the National Association in advance of the course:

1. ITF Advanced Coaches Manual
2. Developing Young Tennis Players
3. ITF Certificates of Attendance
4. 40 dozen ITF Top Grade balls
5. ITF baseball caps
6. Level 2 – Course Films (DivX format) (c/o Course Tutor):

NO	TITLE	LANGUAGE	PRODUCED BY	DURATION
1	FOREHAND	ENG	FFT	18 minutes
2	BACKHAND	ENG	FFT	25 minutes
3	VOLLEY	ENG	FFT	24 minutes
4	THE SERVE	ENG	USTA	24 minutes
5	RETURN OF SERVE	ENG	FFT	23 minutes
6	DOUBLES TENNIS TACTICS	ENG	HUMAN KINETICS	36 minutes
7	NO BRAKES	ENG	ITF	31 minutes
8	COMPLETE CONDITIONING	ENG	USTA	25 minutes
9	STRENGTH TRAINING	ENG	USTA	36 minutes
10	FITNESS TESTING	ENG	USTA	29 minutes
11	ADVANCE FOOTSKILLS	ENG	USTA	29 minutes
12	TENNIS BIOMECHANICS	ENG	USTA	29 minutes
13	WINNING PATTERNS OF PLAY	ENG	USTA	21 minutes
14	PLAYING UNDERPRESSURE	ENG	USTA	30 minutes