



INTRODUCTION TO LEVEL II COACHES COURSE

ITF Development Department



OBJECTIVES OF THE LEVEL II COURSE

- Provide education and certification for intermediate/advanced tennis coaches
- Give information about latest topics and theories in tennis teaching
- Provide an opportunity to share ideas about tennis with colleagues and others



CONTENTS

- The role of the coach/communication
- Awareness of standards and analysis of players
- Goal setting
- Mental training
- Strategy and tactics
- Biomechanics



CONTENTS (II)

- Advanced stroke techniques
- Movement
- Technical diagnosis and correction
- Methodology
- Planning the training
- Drills, group and individual training



CONTENTS (III)

- Doubles
- Coaching women players
- Travelling with players
- Physical conditioning
- Injury prevention
- Nutrition



TIMETABLE

	Court	Lecture	Total
<u>DAY 1</u>	3	5	8
DAY 2	4.30	3.30	8
<u>DAY 3</u>	2.30	1.30	4
DAY 4	6	2	8
<u>DAY 5</u>	<u>5.30</u>	<u>1.30</u>	<u>7</u>
DAY 6	5.30	1.30	7
<u>DAY 7</u>	<u>4.30</u>	<u>2.30</u>	<u>7</u>
DAY 8	2.30	1.30	4
<u>DAY 9</u>	6	2	8
DAY 10	5	3	8
<u>DAY 11</u>	-	5	5
<u>TOTAL</u>	<u>46</u>	<u>28</u>	<u>74</u>



		Court	Lecture	Total
T I M E T A B L E	1. The Role of a coach/Communication	1.30	2	3.30
	2: Awareness of standards and analysis of players	1	2	3
	3: Goal setting for tournament players	-	2	2
	4: Mental training for tournament players	1.30	1.30	3
	5: Strategy and tactics for tournament players	4	1.30	5.30
	6: Biomechanics of tennis	1.30	2	3.30
	7: Advanced stroke techniques	5	3.30	8.30
	8: Movement	1.30	-	1.30
	9: Technical diagnosis and correction	4	-	4
	10: Methodology of teaching tennis	3	1.30	4.30
	11: Planning the tennis training	-	1.30	1.30
	12: The training session: drills and group training	10	-	10
	13: Doubles for tournament players	1.30	1.30	3
	14 : Travelling with tournament players	-	1.30	1.30
Introduction, Summary & Review:	-	4	4	
Physical Conditioning	2	30	2.30	
Injury prevention and Nutrition	-	1.30	1.30	
Assessment	4	2	6	
TOTAL	46	28	74	

LEVEL II COACHES COURSE



COURSE MATERIALS



THE TUTOR'S ROLE

- Giving information
- Sharing information (coach to coach)
- Listening, discussing and pooling ideas
- Identifying and helping solve problems
- Challenging coaches to analyse their own practice
- Setting action plans



ASSESSMENT PROCEDURE

1. Level of play test: (First trial Day 3)

Candidates rally demonstrating reasonable stroke techniques Day 8 (30 minutes)

2. Teaching test:

- Individual: First opportunity. Day 9 (1.30 hrs).
- Group: First opportunity. Day 9 (1.30 hrs).
- If passed: no need to be tested for second opportunity



ASSESSMENT PROCEDURE

(II)

2. Teaching test: If not passed
 - Individual: Second opportunity. Day 10 (2 hrs).
 - Group: Second opportunity. Day 10 (2 hrs).

3. Written test: Day 11 (2 hours)

**ALSO IMPORTANT:
CONTINUOUS ASSESMENT
THROUGHOUT THE COURSE**



TUTOR'S EXPECTATIONS OF THE CANDIDATES

- Excellent communication skills
- Motivation and interest in learning
- Professionalism
- Good behaviour and ethical standard
- Punctuality, proper dress, etc.
- Good level of play, understanding of the game and knowledge of sports sciences



COURSE GROUNDRULES

- Punctuality: Students shall be ready to start when the session commences
- Dress and equipment: Students shall dress and present themselves in a professional manner. They will always have a racket.
- Participation: Students are encouraged to actively participate in the course through questions, suggestions, etc.

