



LTAT COACHING BEGINNER AND INTERMEDIATE PLAYERS COURSE (BASED ON ITF COURSE CURRCULUM)

SCHEDULE FOR CANDIDATES



JANUARY 2018

COACHING COURSE SCHEDULE SUMMARY

DAY	DATE	DAY	ON-COURT	LECTURE ROOM	TOTAL
1	29-JAN	MONDAY	5.5	1.5	7
2	30-JAN	TUESDAY	7	0	7
3	31-JAN	WEDNESDAY	7	0	7
4 (HALF DAY)	01-FEB	THURSDAY	3	2	5
5	02-FEB	FRIDAY	8	0	8
6	03-FEB	SATURDAY	7	1	8
7	04-FEB	SUNDAY	DAY OFF	DAY OFF	DAY OFF
8	05-FEB	MONDAY	3.5	3.5	7
9	06-FEB	TUESDAY	7.5	0	7.5
10 (HALF DAY)	07-FEB	WEDNESDAY	3.5	1.5	5
11	08-FEB	THURSDAY	5.5	2.5	8
12	09-FEB	FRIDAY	6	1	7
TOTAL			63.5	13	76.5

NOTES:

- Contents in the book and in the course, can be divided into three categories:
 - **Contents for information only** (optional material that does not necessarily need to be covered by the tutors during the course, but will be included in a few questions in the written exam):
 - Chapter 15: Programmes for beginner and intermediate players.
 - Chapter 17: Coaching beginner and intermediate players with disability.
 - Chapter 18: Issues in Sports Medicine and First Aid when coaching beginner and intermediate players.
 - Include new ITF 'modified courts and balls resource'.
 - **Contents to be implemented** (important material that will be introduced during the course and will be included in several questions in the written exam):
 - Chapter 1: Tennis: The name of the game.
 - Chapter 4: Skill acquisition and expertise development in beginner and intermediate players.
 - Chapter 5: Development of young beginner and intermediate tennis players.
 - Chapter 7: Biomechanics and movement.
 - Chapter 8: Physical conditioning for beginner tennis.
 - Chapter 9: Psychology for beginner and intermediate tennis players.
 - Chapter 13: Doubles for beginner and intermediate tennis players.
 - Chapter 14: Competition for beginner and intermediate tennis players.
 - Chapter 16: Equipment and facilities.
 - **Contents to be mastered** (the most important material that will be covered in detail during the course and on which a lot of questions in the written exam will be based):
 - Chapter 2: Knowing yourself as a coach.
 - Chapter 3: Knowing your beginner and intermediate tennis player.
 - Chapter 6: Playing the game: Tactics and technique.
 - Chapter 10: Coaching beginner and intermediate players to play tennis.
 - Chapter 11: Analysis and improvement of the beginner player's game.
 - Chapter 12: Coaching adult beginner and intermediate players.
 - Important points section at the end of each chapter.

DAY 1 (7 hours) PLAY TENNIS MON 29 JAN
Lecture Room: 1.5 hours / On-court: 5.5 hours

Sign In Time: 8:30 am on the 2nd floor

SUBJECT	TIME	REFERENCES
Introduction to the Course (Lecture Room)	30 minutes	<ul style="list-style-type: none"> • Course manual • Participant schedule
Tennis...Play and Stay campaign (Lecture Room)	60 minutes	<ul style="list-style-type: none"> • Tutor ITF Tennis...Play and Stay campaign presentation • FFT DVD
Introduction to balls and courts (On-court)	60 minutes	<ul style="list-style-type: none"> • ITF Tennis...Play and Stay leaflet • Play Tennis Manual p. 18
Serve rally and score from the first lesson, using red, orange and green courts (On-court)	1.5 hours	<ul style="list-style-type: none"> • Play Tennis Manual pp. 45-50
Introduction to basic tactics (red and orange courts)	60 minutes	<ul style="list-style-type: none"> • Play Tennis Manual pp. 45-50
Organisation and communication skills (On-court)	45 minutes	<ul style="list-style-type: none"> • Play Tennis Manual p. 41 Communication Checklist • Play Tennis Manual p12-16
Cooperative, cooperative/competitive and competitive practices (red, orange and green courts)	60 minutes	<ul style="list-style-type: none"> • Play Tennis Manual pp. 45-50
Summary of the day (On-court)	15 minutes	
Agility, Balance, Coordination and Speed (ABCs) exercises (On-court) – OPTIONAL ADDITIONAL ACTIVITY	45 minutes	<ul style="list-style-type: none"> • STI Manual

DAY 2 (7 hours) PLAY TENNIS TUE 30 JAN
Lecture Room: 0 hours On-court: 7 hours

SUBJECT	TIME	REFERENCES
Recap from Day 1	15 minutes	
Organisation to help players serve, rally and score (OC)	1.5 hours	<ul style="list-style-type: none"> • Play Tennis Manual pp. 13-16
Differentiation (On-court)	1.5 hours	<ul style="list-style-type: none"> • Play Tennis Manual p. 22
Practical session with players (On-court)	1.5 hours	<ul style="list-style-type: none"> • Play Tennis Manual p. 41 Communication Checklist
Observation skills and basic improvement (Red, Orange, Green courts)	2 hours	<ul style="list-style-type: none"> • Play Tennis Manual pp. 24-32
Summary of the day (On Court)	15 minutes	<ul style="list-style-type: none"> • Play Tennis Manual pp. 24-32

DAY 3 (7 hours) PLAY TENNIS WED 31 JAN
Lecture Room: 0 hours On-court: 7 hours

SUBJECT	TIME	REFERENCES
Recap from Day 2 and competition	30 minutes	<ul style="list-style-type: none"> • www.tennisplayandstay.com/competition • Play Tennis Manual p.34
Setting objectives for Day 3 and introduction to competition	15 minutes	<ul style="list-style-type: none"> • www.tennisplayandstay.com/competition • Play Tennis Manual p.34
Competition formats (On-court)	70 minutes	<ul style="list-style-type: none"> • www.tennisplayandstay.com/competition
Competition planning (on/off court)	30 minutes	
Competition session (On-court)	3 hours	
FLEXIBLE HOUR (On-court)	60 minutes	
Summary of the course (On-court or Lecture Room)	30 minutes	<ul style="list-style-type: none"> • www.tennisplayandstay.com • ITF CSSR Monographic Issue on Tennis...Play and Stay (August 2007) • ITF Coaches Education leaflet (if not part of Level 1)

DAY 4 (5 hours) THU 01 FEB
Lecture room: 2 hours On-Court: 3 hours

SUBJECT	TIME	REFERENCES
Introduction to Level 1 (Lecture Room)	1 hour	<ul style="list-style-type: none"> • Hour by hour schedule • Assessment sheets • Course material
Knowing yourself as a coach (Lecture Room)	1 hour	<ul style="list-style-type: none"> • ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> • Chapter 2: "Knowing yourself as a coach" • Chapter 3: "Knowing your beginner and intermediate tennis players"
Playing the game: Tactics and Technique (On-court)	2 hours	<ul style="list-style-type: none"> • ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> • Chapter 6: "Playing the game: Tactics and technique"
Learning how to coach beginner and intermediate tennis players with feeding (On-court)	1 hour	<ul style="list-style-type: none"> • ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> • Chapter 10: "Coaching beginner and intermediate tennis players to play tennis" • Chapter 12: "Coaching adult beginner and intermediate players"

DAY 5 (8 hours) FRI 02 FEB

Lecture Room: 0 hours On-court: 8 hours

SUBJECT	TIME	REFERENCES
Playing the Game: Tactics and Technique cont. (On-court)	2 hours (cont.)	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 6: "Playing the Game: Tactics and technique"
Elements of a Typical Group Lesson / Safety and Practice (On-court)	3 hours	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 10: "Coaching beginner and intermediate players to play tennis" Chapter 12: "Coaching adult beginner and intermediate players"
Biomechanics and movement (On-court)	1 hour	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 7: "Biomechanics and movement"
Playing the Game: Tactics and Technique (On-court)	2 hours	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 6: "Playing the game: Tactics and technique"

DAY 6 (8 hours) SAT 03 FEB

Lecture room: 1 hour On-court: 7 hours

SUBJECT	TIME	REFERENCES
Playing the game: Tactics and Technique cont. (On-court)	1 hour (cont.)	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 6: "Playing the Game: Tactics and technique"
Sports Medicine, growth and development and first aid for tennis (Lecture room)	1 hour	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 18: "Issues in Sports Medicine and First Aid when coaching beginner and intermediate players"
Practices for Beginner Players for individual lesson (On-court)	3 hours	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 10: "Coaching beginner and intermediate players to play tennis" Chapter 12: "Coaching adult beginner and intermediate players"
Analysis and Improvement of Tactics and Technique (On-court)	2 hours	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 11: "Analysis and improvement of the beginner player's game"
Level of Play assessment (On-court)	1 hour	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players: Level of Play assessment sheet

DAY 8 (7 hours) MON 05 FEB

Lecture room: 3.5 hours On-court: 3.5 hours

SUBJECT	TIME	REFERENCES
Development of young beginner and intermediate tennis players (Lecture Room)	1 hour	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 5: "Development of young beginner and intermediate tennis players"
Skill acquisition and expertise development in beginner and intermediate players (Lecture Room)	1 hour	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 4: "Skill acquisition and expertise development in beginner and intermediate players"
Teaching Formations for Group Lessons / Safety (On-court)	1 hour	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 10: "Coaching beginner and intermediate players to play tennis" Chapter 12: "Coaching adult beginner and intermediate players"
Teaching progression of an individual lesson for Beginners (On-court)	1 hour	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 10: "Coaching beginner and intermediate players to play tennis" Chapter 12: "Coaching adult beginner and intermediate players" Play Tennis manual
Psychology for beginner and intermediate tennis players (Lecture Room)	1.5 hours	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 9: "Psychology for beginner and intermediate tennis players"
Psychology for beginner and intermediate tennis players (On-court)	1.5 hours	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 9: "Psychology for beginner and intermediate tennis players"

DAY 9 (7.5 hours) TUES 06 FEB

Lecture Room: 0 hours On-court: 7.5 hours

SUBJECT	TIME	REFERENCES
Practices for Beginner Players: Analysis and Improvement in Individual Lessons (On-court)	3 hours	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 10: "Coaching beginner and intermediate players to play tennis" Chapter 12: "Coaching adult beginner and intermediate players to play tennis"

		intermediate players”
Practices for Beginner players in a group lesson (On-court)	3 hours	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 10: “Coaching beginner and intermediate players to play tennis” Chapter 12: “Coaching adult beginner and intermediate players”
The doubles game in a group lesson (On-court)	1.5 hours	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 13: “Doubles for beginner and intermediate tennis players”

DAY 10 (5 hours) WED 07 FEB (HALF DAY)
Lecture Room: 1.5 hours On-court: 3.5 hours

SUBJECT	TIME	REFERENCES
Physical conditioning for beginner tennis (Lecture Room)	1.5 hours	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 8: “Physical conditioning for beginner tennis”
Physical conditioning for beginner tennis (On-court)	1.5 hours	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 8: “Physical conditioning for beginner tennis”
Candidate teaching/training practice (On-court)	2 hours	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 10: “Coaching beginner and intermediate players to play tennis”

DAY 11 (8 hours) THURS 08 FEB
Lecture room: 2.5 hours On-court: 5.5 hours

SUBJECT	TIME	REFERENCES
Competition for beginner and intermediate tennis players (Lecture Room)	1 hour	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 14: “Competition for beginner and intermediate players”
The Rules of Tennis and How to organise a tournament (Lecture Room)	1 hour	<ul style="list-style-type: none"> ITF video on Rules of Tennis Overheads
Coaching beginner and intermediate players with disability (Lecture Room)	30 minutes	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 17: “Coaching beginner and intermediate players with disability”
Individual teaching practice/Assessment (1 st try) (On-court)	2 hours	<ul style="list-style-type: none"> ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> Chapter 10: “Coaching beginner and intermediate players to play tennis”

SUBJECT	TIME	REFERENCES
Group Teaching Practice/Assessment (1 st try) (On-court)	3 hours	ITF Coaching Beginner and Intermediate Players Manual: <ul style="list-style-type: none"> • Chapter 10: "Coaching beginner and intermediate players to play tennis" • Chapter 12: "Coaching adult beginner and intermediate players"
Summary of Course (On-court)	30 minutes	

DAY 12 (7 hours) FRI 09 FEB

Lecture room: 1 Hour On-court: 6 hours

SUBJECT	TIME	REFERENCES
Written test (Lecture Room)	1 hour	<ul style="list-style-type: none"> • Written exam • Assessment procedures
Individual lesson Assessment (On-court)	2 hours	<ul style="list-style-type: none"> • 5 - 6 courts • 12 children, 11 – 14 years old (beginners)
Group lesson Assessment (On-court)	3 hours	<ul style="list-style-type: none"> • 5 - 6 courts • 24 - 36 children 11 - 14yrs old (beginners) • 4 - 6 children per court
Level of Play Assessment (On-court)	1 hour	

DEPARTURE – SATURDAY 10 JAN (POST BREAKFAST)