

**Module 1 - A. Filipcic, G. Shevchenko**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Half day					Free day			Half day			
Modul 1 - Planning						BIOM/Technical development (day1-3)			Conditioning or <b>Mental</b>		
Practicing 2 x technical development											

Day 1 , Monday 13.11.2017					
duration	from	to	place	theme	courts and players
30	15:30	16:00	LR	<i>Role of the coach</i>	
60	16:00	17:00	LR	<i>Communication skills for tennis coach</i>	
15	17:00	17:15		<i>Coffee break</i>	
90	17:15	18:45	LR	<i>Goal Setting</i>	
60	18:45	19:45	LR	<i>Ethics and self improvement for coaches</i>	

Day 2 , Tuesday 14.11.2017					
duration	from	to	place	theme	courts and players
60	8:30	9:30	OC	<i>Communication skills for tennis coach</i>	2 courts
90	9:30	11:00	OC	<i>Questioning for understanding</i>	2 courts
15	11:00	11:15		<i>Coffee break</i>	
90	11:15	12:45	LR	<i>Annual plan – goal setting</i>	
60	12:45	13:45		<i>Lunch Break</i>	
90	13:45	15:15	LR	<i>Annual plan – elements</i>	
15	15:15	15:30		<i>Coffee break</i>	
90	15:30	17:00	LR	<i>Annual plan – Tournament schedule and global periodization</i>	

Day 3 , Wednesday 15.11.2017					
duration	from	to	place	theme	courts and players
90	8:30	10:00	OC	<i>Pre &amp; post match communication with a player</i>	2 courts 4 players
15	10:00	10:15		<i>Coffee break</i>	
90	10:15	11:45	LR	<i>Awareness of Standads</i>	
60	11:45	12:45	LR	<i>Player profile - testing &amp; screening</i>	
60	12:45	13:45		<i>Lunch Break</i>	
90	13:45	15:15	LR	<i>Annual plan - Defining elements of periods</i>	
15	15:15	15:30		<i>Coffee break</i>	
120	15:30	17:30	LR	<i>Monthly and weekly planning</i>	
30	17:30	18:00	OC	<i>Emergency Plan</i>	2 courts

**Day 4 , Thursday 16.11.2017**

duration	from	to	place	theme	courts and players
60	08.30	9:30	LR	Match Charting	
90	9:30	11:00	OC	Match Charting	2 courts 2 players
15	11:00	11:15		Coffee break	
60	11:15	12:15	LR	Coaching female players	
90	12:15	13:45	OC	Coaching female players	2 courts 2 female player
60	13:45	14:45		Lunch Break	
60	14:45	15:45	LR	Traveling with tournament players	

**Day 5, Friday 17.11.2017**

duration	from	to	place	theme	courts and players
90	8:30	10:00	LR	Organization of travel with player(s)	
90	10:00	11:30	LR	Manage development programme	
15	11:30	11:45		Coffee break	
60	11:45	12:45	LR	Workbooks for Module 1 (wrap up & closong the Module 1)	
120	13:45	15:45	LR	Biomechanics	

**Day 6, Saturday 18.11.2017**

duration	from	to	place	theme	courts and players
90	8:30	10:00	OC	Biomechanics	2 courts
90	10:00	11:30	OC	Base line shots (Forehand, Backhnad)	2 courts
60	11:30	11:45		Coffee break	
90	11:45	13:15	OC	Serve	2 courts
60	13:15	14:15		Lunch Break	
60	14:15	15:15	LR	Introduction to technical analysis and development (diagnosis and corrections)	

**Day 7, Sunday 19.11.2017**

duration	from	to	place	theme	courts and players
120	8:00	10:00	OC	Introduction to technical analysis and development (diagnosis and corrections)	2 courts
15	10:00	10:15		Coffee break	
60	10:15	11:15	OC	Return of serve	2 courts
60	11:15	12:15	OC	Net game shots	2 courts
60	12:15	13:15	OC	Stroke variations & summary	2 courts
45	13:15	14:00	OC	Feeding for advanced players	2 courts

**Day 8, Monday 20.11.2017**

duration	from	to	place	theme	courts and players
60	08.30	9:30	OC	Individual lesson - demonstration	2 courts 2 players
120	9:30	11:30	OC	Individual lesson 1	2 courts 4 players
15	11:30	11:45		Coffee break	
120	11:45	13:45	OC	Individual lesson 2	2 courts 4 players
60	13:45	14:45		Lunch Break	
60	14:45	15:45	LR	Skill acquisition for advanced players	

Day 9					
duration	from	to	place	theme	courts and players
60	8:30	9:30	OC	<i>Skill acquisition for advanced players</i>	2 courts
120	9:30	11:30	OC	<i>Individual lesson 3</i>	2 courts 4 players
15	11:30	11:45		<i>Coffee break</i>	
120	11:45	13:45	OC	<i>Individual lesson 3</i>	2 courts 4 players
60	13:45	14:45	LR	<i>Workbooks for Module 2 (wrap up &amp; closing the Module 2)</i>	
60	14:45	15:45		<i>Lunch Break</i>	
120	15:45	17:45	LR	<i>Introduction to psychological demands in tennis and player's characteristics</i>	

Day 10					
duration	from	to	place	theme	courts and players
60	8:30	9:30	LR	<i>Motivation</i>	
60	9:30	10:30	OC	<i>Motivation</i>	2 courts 2 players
60	10:30	11:30	LR	<i>Self control and concentration</i>	
15	11:30	11:45		<i>Coffee break</i>	
60	11:45	12:45	OC	<i>Self control and concentration</i>	2 courts 2 players
60	12:45	13:45		<i>Lunch Break</i>	
60	13:45	14:45	LR	<i>Flow</i>	
60	14:45	15:45	LR	<i>Emotional control</i>	

Day 11					
duration	from	to	place	theme	courts and players
60	8:30	9:30	OC	<i>Emotional control</i>	2 courts 2 players
90	9:30	11:00	LR	<i>Self confidence</i>	
15	11:00	11:15		<i>Coffee break</i>	
90	11:15	12:45	OC	<i>Self confidence</i>	2 courts 2 players
15	12:45	13:00		<i>Coffee break</i>	
90	13:00	14:30	LR	<i>Dealing with parents</i>	

Day 12					
duration	from	to	place	theme	courts and players
120	8:30	10:30	LR	<i>Mental performance in tournament play</i>	
15	10:30	11:45		<i>Coffee break</i>	
60	11:45	12:45	OC	<i>Mental performance in tournament play</i>	2 courts 2 players
60	12:45	13:45		<i>Lunch Break</i>	
90	13:45	16:15	LR	<i>Resolve conflicts in sport</i>	
90	16:15	17:15	LR	<i>Workbooks for Module 5 (wrap up &amp; closing the Module 5)</i>	